

Write an introduction to this topic: **How to reduce back pain when sitting?**

Topic context:

- The target audience is **office workers/desk-bound workers**
- The goal of the article is to help readers reduce their back pain while in a seated position

Task Requirements

The introduction must satisfy the following requirements:

1. Use the [Problem-Agitate-Solution \(PAS\)](#) format
2. Limit the word count to 100 or less

Evaluation Criteria

- Able to understand **who is the target audience**
- Able to clearly depict the audience pain and frustration
- Able to write in a proper PAS format
- Able to write in the following style
 - **Concise** - No fluff, easy-to-read
 - **Correct tone** - Professional and no first-person tone
 - **Has a good hook** - Draws the reader in with the first sentence

Miscellaneous

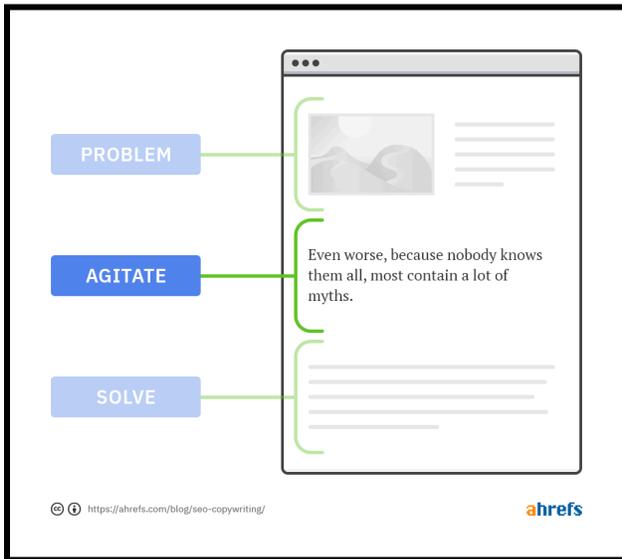
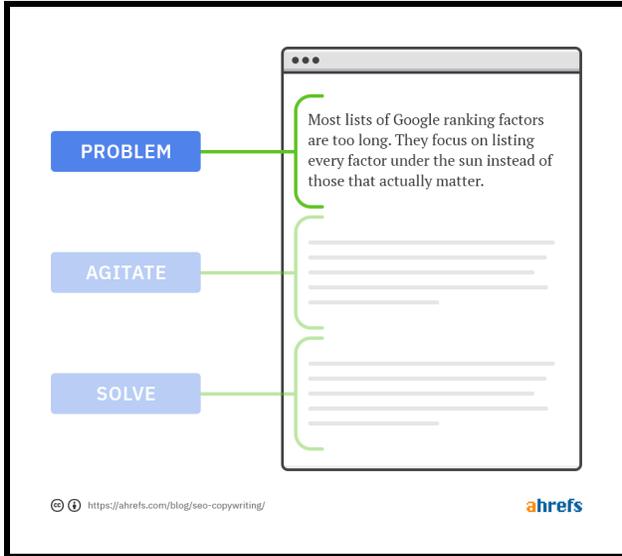
What is the PAS formula?

Read this section if the [tweet](#) doesn't load

Use the Problem-Agitate-Solve (PAS) formula to write a kick-ass blog post intro.

Here's how it works:

1. Identify a problem
2. Agitate that problem by digging into their pain
3. Promise a solution



PROBLEM

AGITATE

SOLVE

