

GALLOWAY CHIROPRACTIC CLINIC

EVIDENCE BASED FAMILY WELLNESS

FALL 2022 VOL. 1

SEVEN EXERCISE MOVEMENTS EVERYONE SHOULD BE STRIVING FOR.

We know there are hundreds, if not thousands, of exercises, but we like to stick to the KISS principle around here. Hopefully, we can all agree that our bodies are designed to move! In all actuality, your body is designed to perform basic "primal" movement patterns.

Primal patterns are used to describe the movement patterns we use today in everyday life, easy right? They are to lunge, push, pull, squat, bend, twist, and gait (walk/run). Now how many of those have sent you straight into this office?

So, let's work together to keep your body strong, leaner and as functional as possible!

Warm Regards,

Galloway Chiropractic

YOUR SEVEN MOVEMENTS



SQUAT

Engage your core, hinge (bend) at the hips and sit back as you would if you were to sit on a chair. As you sit back, keep your chest up and your core tight, and go no lower than 90 degrees. As you stand back up, put equal weight through both legs, ensuring your heels remain on the floor throughout.



PUSH UP (MODIFIED WALL)

Stand up tall, facing a wall. Place both hands on the wall, greater than shoulder width apart and at shoulder height. Walk your feet away from the wall and keep your body straight, tightening your core and your buttocks. Now bend your elbows, bringing your chest towards the wall.

YOUR SEVEN MOVEMENTS



LUNGE (MODIFIED REVERSE)

Standing up tall, with both hands on the chair. Take a large step directly backwards and drop down just before the floor. Come back up and repeat for the opposite leg. Keep your body upright throughout the exercise, ensuring the knee of your front foot does not come past the line of your toes. Repeat for the set repetitions.

BEND

The dead lift, straight leg dead lift, or bent over row would work here. The bend is great for core stability, back and leg strength.

GAIT

This is your body moving in motion by leg action. Gait includes walking, running or sprinting. Gait is what keeps your cardiovascular system in check, helps burn fat and keeps you breathing right.



PULL UP (ALTERNATIVE)

A reverse pull up uses a bar (or anything else that you can hold onto) that's below the height of a regular pull up bar. The legs will touch the ground at all times, therefore, it's a great pull up alternative for those still not confident in their strength. You can also try bodyweight rows.

TWIST

The twist is any rotational movement. Lunge with rotation, any throwing, swinging or batting move. This is great for the core, low back, hips and buttocks. This movement can be gentle and does not need to be aggressive thing warrior poses in yoga.

Keep in mind, while these movements are considered "basic", some of these you may need approval from Dr. Paige until your condition improves or she provides you with a modification that you may utilize at this time!
Always stay safe and protect your body! That's why we're here.



QUICK TIPS

MEAL PLANNING

STAY FOCUSED, SAVE MONEY & GET CREATIVE

We are here to help you out! For those of you who are new around here you might not know that this is part of the consulting service that we offer!

During one of these scheduled consults we will discuss a few different things. What are your goals? Are you considering a specific diet, just looking to improve your food choices, loose a little bit of weight, feed your family better? What is your budget? Do you shop, daily, weekly, or monthly? That's just to name a few.

Meal Planning really can be a useful tool to help reduce stress and save yourself a bundle of money as well. Our staff members can work with ANY budget to make sure you and your family are eating wholesome foods to feed your bodies.

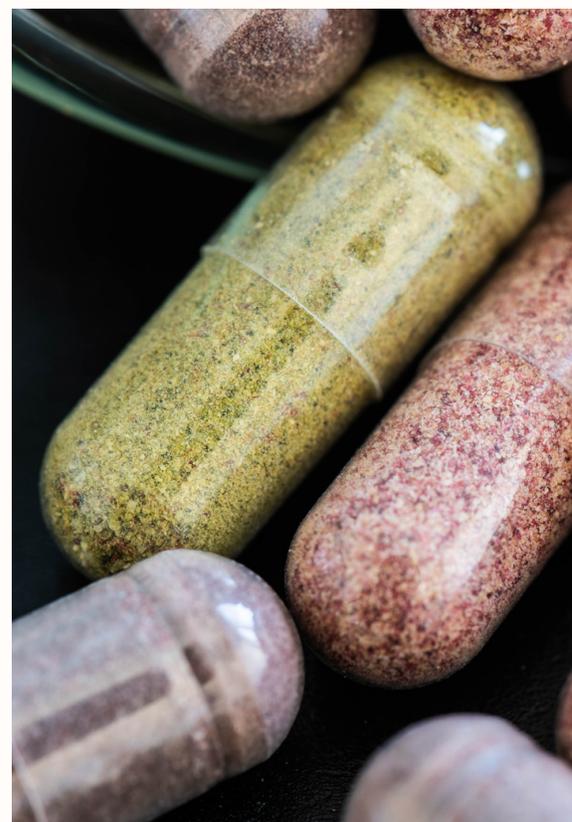
HEY THERE NEWBIES!

We've had the opportunity to make a lot of new friends around here. And now that you have joined our community we want to make sure that you have the information to help you heal at home as well.

Dr. Paige does have some supplemental recommendations for the first 30 days of treatment at home. Our New Patient Bundle consists of the following:

- SPM Active (potent anti-inflammatory)
- or Wobenzyme N (potent anti-inflammatory)
- Myo-Calm Plus (herbal muscle relaxer and sleep aid)
- Repair Guard (cellular repair and immune support)
- Topical Pain Relief (China Gel or CBD Clinic Level 5)

Check out the last page for more information....



NEW PATIENT SUPPLEMENT RECOMMENDATIONS



GALLOWAY CHIROPRACTIC CLINIC, LLC
EVIDENCE-BASED FAMILY WELLNESS



Supplement Schedule for: New Patient

Supplement	Upon Waking	Breakfast	Lunch	Dinner	At Bedtime
<u>First 30 Days</u>					
SPM Active (\$70.00)		2			
Or Wobenzyme N (\$33.60)	3				3
Repair Guard (\$68.72)	2				2
MyoCalm Plus (\$38.00)					3
Topical Pain Relief	Use when needed.				
<u>After First 30 Days</u>					
Life Guard Mini (\$28.12)		2	2		
Digesta Guard Forte (\$68.34)		2	2	2	
EPA/DHA Guard (\$31.25)				2	
Mag Glycinate (\$30.00)				3	

If at any time you have a question about your supplements or how to take them call your doctor at 281-890-4828 or email at gallowayclinic@sbcglobal.net

