

Five things you need to do to support your adjustment:

1

Stand on 2 legs

Standing evenly on two legs helps to remind your brain of the natural way to stand. When you lean to one side, your muscles on the other side of your body have to work harder to keep you stable.

Action: Put the post it note on your fridge. Everytime you go to the fridge, close your eyes and distribute your weight over both legs.

2

Sit on both sitting bones

If you sit with your legs crossed, or leaning to one side, this puts stress on your spine. Sitting on both sitting bones helps your spine to stay in its normal position.

Action: Have a friend or family member tell you every time you're not sitting properly.

3

Stay hydrated

Water keeps your spinal discs hydrated so they can protect and support your spine. A build-up of toxins might be released after an adjustment. Drinking water helps to remove them quickly.

Action: Drink at least 1 litre of water for every 35kg you weigh.

4

Keep moving

To feel the full benefits of your adjustment, you must keep your spine moving immediately afterwards.

Action: Go for a 10 minute walk after every adjustment.

5

Come to a Health Talk

This is your most important visit. It will help you understand your care so you get well faster and stay well.

Action: Attend your Health Talk.

Use the habit trackers overleaf to make sure you are keeping up with these habits.

Daily Habit Tracker

Stand on both legs

Mon Tue Wed Thu Fri Sat Sun

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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Sit on both sitting bones

Mon Tue Wed Thu Fri Sat Sun

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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Drink 1 litre of water for every 35kg you weigh

Mon Tue Wed Thu Fri Sat Sun

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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Go for a walk

Mon Tue Wed Thu Fri Sat Sun

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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