

# 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							
WEEK 2							
WEEK 3							
WEEK 4							

Sit on both sitting bones

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

Drink 1 litre of water for every 35kg you weigh

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

Go for a walk

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							