

CHIRO IN SPACE

COLORING, MAZES, PUZZLES, & WORD GAMES



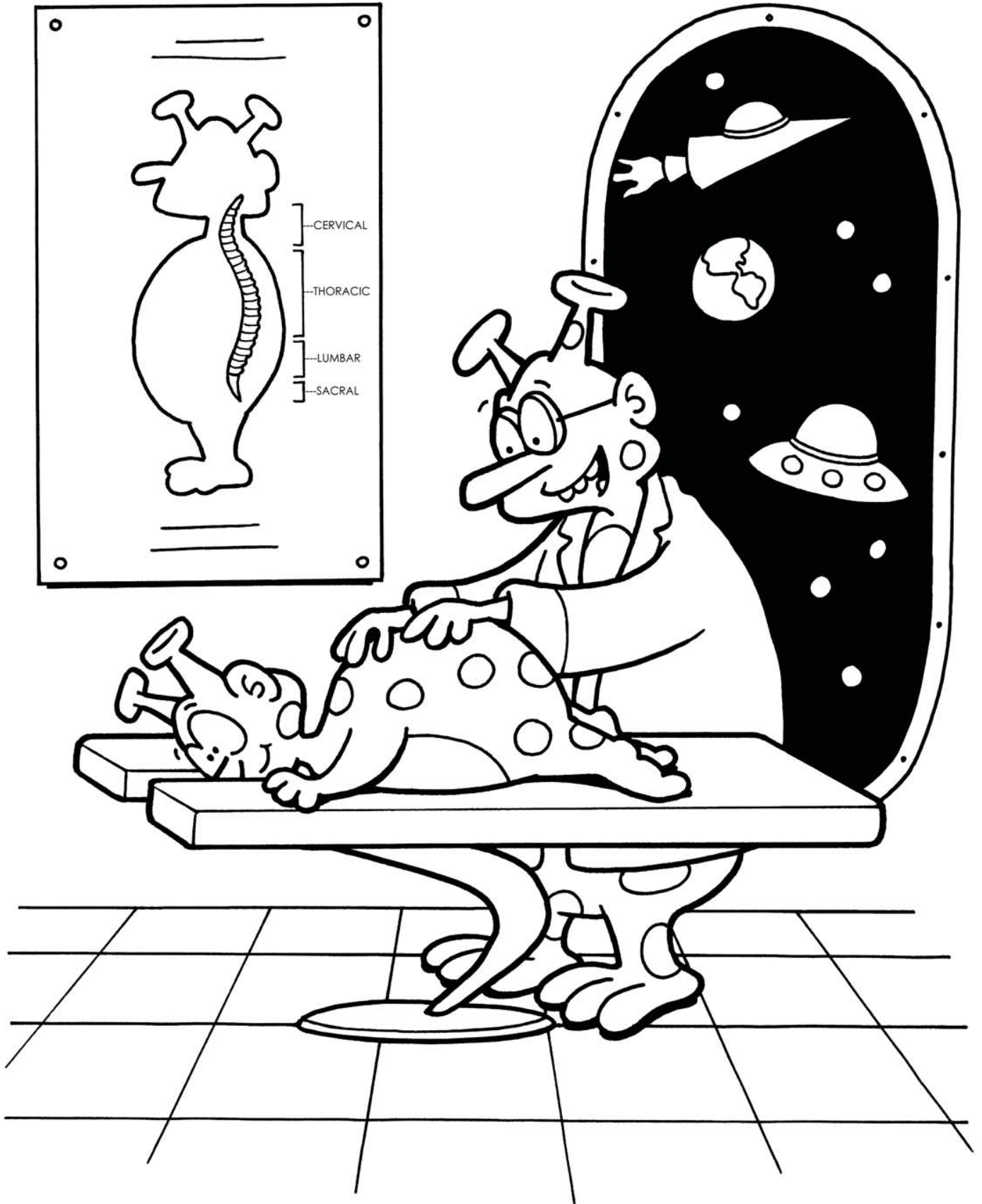
ACTIVITY BOOK

Featuring...Mac the Martian, Family, & Friends

CHIRO IN SPACE



On your first visit to the **CHIROPRACTOR** you will be welcomed as a member of the family. You will then be asked questions about how you feel, your eating and exercise habits, and any concerns that will help the doctor gain information about you and your condition. After a consultation with the doctor you will have a complete **EXAMINATION**. Nothing will be done in our office without permission from you and your parents. The doctor's goal is to gain information about your condition and a better understanding of how chiropractic can help you!



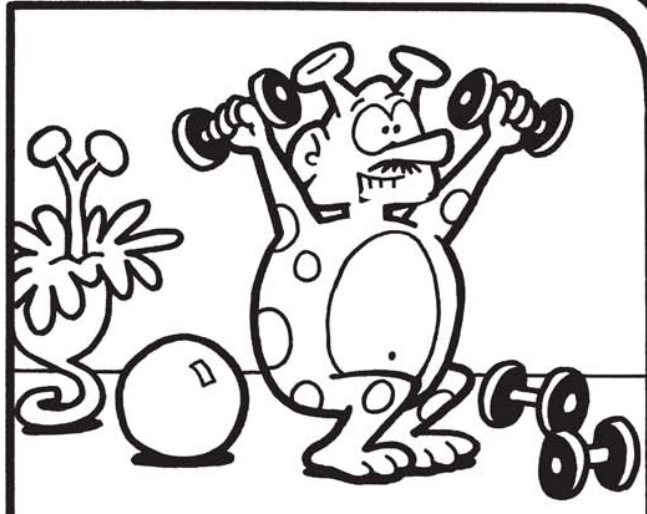
Once all the information and examinations have been performed, the doctor will give you a **REPORT OF FINDINGS** and tell you recommendations for treatment. Usually, the solution is done through a safe and gentle movement called an **ADJUSTMENT**.



Tip #1:
Sleep on your back or side—not your stomach.



Tip #2:
Stand up straight and tall.



Tip #3:
When lifting objects bend at the knees.



Tip #4:
Don't eat foods high in fat, sugar, or salt.



Tip #5:
Sit up straight in your chair.

Eat healthy, balanced meals. Say NO to drugs, alcohol, and smoking. Get plenty of rest and **EXERCISE**. Practice good **POSTURE** and **ERGONOMICS**.

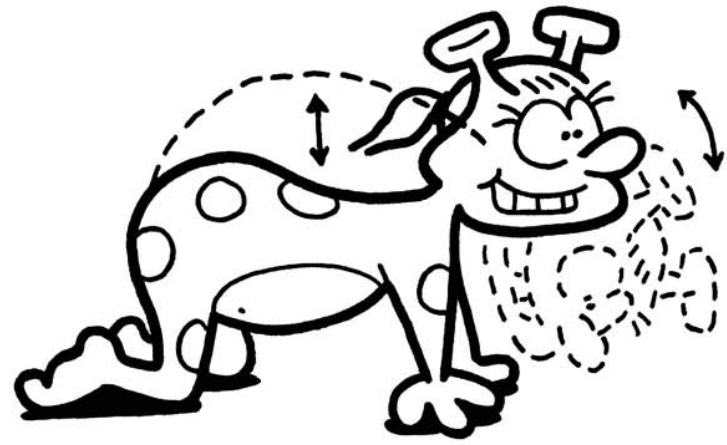


Aerobics



Start by slowly dropping head forward.
Hold for 15 seconds.
Continue by slowly dropping head back.
Hold for 15 seconds.
Repeat 3 times.

Start by slowly dropping head to the right.
Hold for 15 seconds.
Continue by dropping head to the left slowly.
Hold for 15 seconds.
Repeat 3 times.



Start on your hands and knees.
Inhale: Arch back upward and lower head.
Exhale: Lift head upward and push your chest and abdomen toward the floor.
Repeat this stretch 5 times.



Start on your back.
Inhale: Bring your knees up to your chest.
Exhale: Relax your neck and hips.
Hold this stretch for 1 minute.

