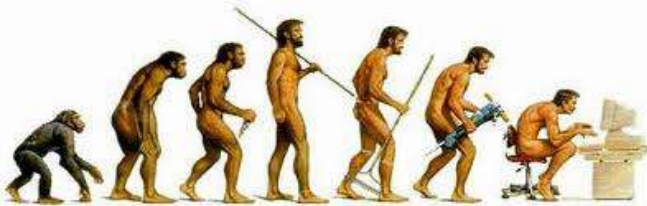


Introducing a New Anti-Aging Strategy

The Posture Program: 10 minutes a day to keep your body active and pain free!



Something, somewhere went terribly wrong.

Stand Taller ~ Live Longer.

Studies now show that a loss of height as we age might also indicate a shorter life span. Simply put, the taller we stand, the better we move and the better our heart, respiratory, and gastrointestinal systems function. You have to keep moving as you age to keep moving **well** as you age.

Body motion begins with posture, and posture begins with balance; therefore, posture is how you balance. We

live in an aging world, where much of the population will live to be at least 85. Given that good news, we'd prefer not to spend our older years in a wheel chair or using a walker, but rather be spending it hiking, golfing, swimming, and generally enjoying an active life. Because so many people have terrible posture, though, (whether from years of hard physical work, or more currently from "texting" endlessly and sitting hunched over computers), the **quality** of our longer life span is still in jeopardy.

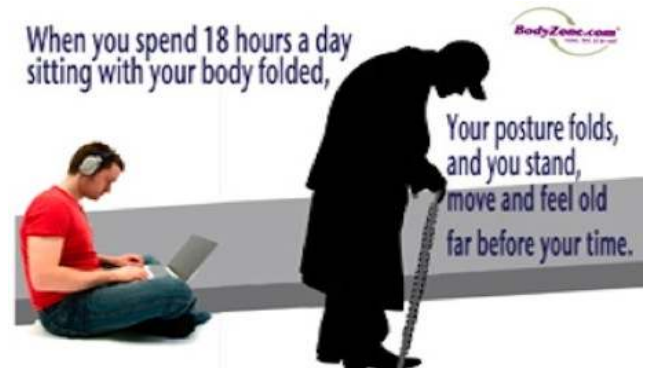
The basic goal of posture is to stay up and not fall down. With all of the forward leaning that we do, falls are inevitable if proper posture doesn't compensate and help us to be upright. Falls are the leading cause of deaths due to injury in older adults, and once a fall occurs there is a 50% chance that another will occur within 6 months. The fear that ensues from a fall can keep us from being active, which then leads to increased fragility.

Weak posture creates and perpetuates pain cycles. We adapt to our weak links with what is known as "**compensation.**" Degeneration occurs when a sedentary lifestyle causes the body to compensate to maintain its stability. Spinal curvature, short leg and an imbalanced pelvis, foot pronation, slumped carriage with a forward head lean, and any injuries not fully rehabilitated will result in pain, dysfunction and poorly adapted compensations.

Balance and posture training is for everyone.

Headed by Dr. Sharon Fitelson, who is newly certified as a *Posture Exercise Professional (CPEP)*, InMotion Health Center has instituted the **New Posture Program** to help our patients restore true balance. The aim of good balance and posture is to prevent recurrent pain, slow the aging process, and to maintain optimal movement and function. The simple course structure promises improved posture if practiced just 10 minutes a day over a period of seven weeks. Our staff guides clients through the program with one-on-one interactive training sessions, complete with handouts, and before and after pictures to monitor improvement.

As Chiropractors, we are committed to minimizing the recurrence of pain and to helping people to be self-reliant. We are well suited to this task as we specialize in mobilizing the joints that are necessary for movement to occur easily and correctly. We work on feet, knees and hips, shoulders, and hands, not to mention the thoracic and cervical spines and musculature. As forward-thinking practitioners, we want to help prevent ongoing pain and dysfunction and to improve the success of your aging process. And we CAN because the bridge between acute pain and wellness care is **POSTURE.**



Check out New Posture Program beginning January 2011! **314-644-2081**