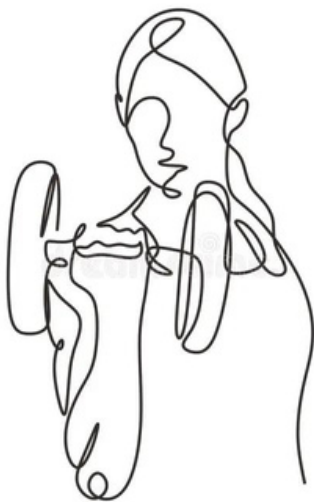




Wellness News



Highlights of July

EXERCISE, EXERCISE, EXERCISE.

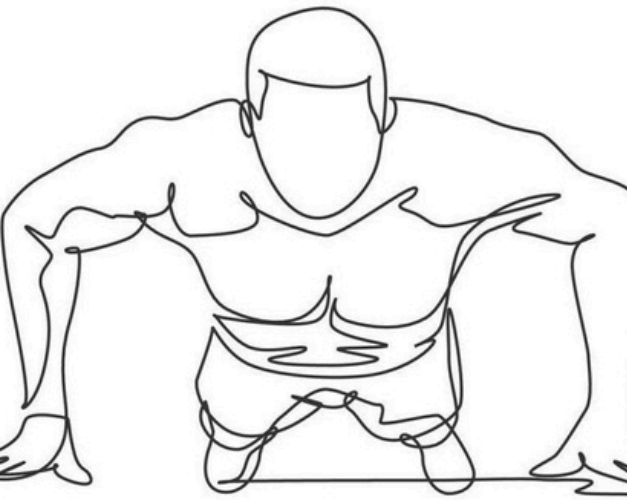
This month your favorite Doctors would like to highlight the importance of exercise. Here at Roshau Chiropractic Rejuv Wellness Center we offer different modalities that support your Wellness journey, and exercise is one of them! This month will focus on TrackActive, an app that we offer to our patients for a one-time \$10.00 fee (Or free, printed!) as well as B-Complex #12, and our Recipe of the Month!

Inside:

- Exercise
- TrackActive
- B-Complex #12
- Recipe of the Month

Exercise!

THE IMPORTANCE OF EXERCISE, HIGHLIGHTED BY DR. BRAD & DR. RILEY



Exercise is crucial for maintaining the flexibility, strength, and proper posture.

Regular physical activity can help improve spinal health, alleviate back pain, and prevent future injuries. Exercise helps considerably with chiropractic concerns—especially chronic pain—by reducing undue stress on the joints and spine.

Targeted exercise can also relieve many of the underlying issues that send patients to the chiropractor in the first place.

For this reason, your chiropractor will provide exercise recommendations and rehabilitation programs tailored to each patient's specific needs and goals.

TrackActive

- **HOW TO USE & WHY YOU SHOULD USE IT!**
- **ASK THE FRONT DESK HOW TO GET STARTED TODAY!**
- **FOR ANY FURTHER QUESTIONS, REACH OUT TO DR. BRAD AND DR. RILEY.**

Dr. Brad or Dr. Riley will communicate with Rylee about which stretches and exercises will benefit your chiropractic care and from there come up with a customized plan. The app is designed to keep you motivated, teach you how to do the exercises properly with pictures and videos, and **HOLD YOU ACCOUNTABLE!**

We give you exercises that are specific to your individual needs. They are designed to help with the efficiency of your adjustments and help you receive faster results. Doing your exercises "every now and again" is like going to the gym "every now and again"... the results don't come quickly.

•Before performing any other exercise program, please consult with us. Not every exercise is good for every spine!

Supplement of the Month

B-COMPLEX #12, BY THORNE

B Complex #12 supports energy production and healthy neurological function. Unlike many multi-B vitamins, it contains the active forms of water-soluble B vitamins.

B-Complex #12 offers a complete vitamin B complex, with added vitamin B-12 and folate. Supplementing with the active forms of the B vitamins is extremely important to everyone, especially individuals who might not be able to convert non-active B vitamins to their active forms in the liver because of compromised liver function, poorly functioning enzymes, digestive disorders, or increasing age.



*Available in our
office for your
convenience!*

\$23.00/BOTTLE.

Vitamin B12 and folate are necessary for normal red blood cell formation, tissue and cellular repair, normal methylation and homocysteine metabolism, and DNA synthesis.

Vitamin B12 may help to reduce muscle fatigue and speed up recovery after exercise. It may also increase energy production: Vitamin B12 is involved in the production of energy within the body, and may help to increase energy levels in athletes.

As it relates to bodybuilding, this vitamin helps send oxygen to your muscles as they're in use. It also contributes to the production of red blood cells. So, a healthy amount of B12 ensures that your engine is oiled up and running smoothly.

A healthy and balanced diet is important.

FOOD IS FUEL. REFUEL BEFORE, DURING, AND AFTER EXERCISE!

Your body is your vehicle, so you have to keep your engine running when you work out. That means fueling up your body by eating the right foods and drinking the right fluids, in the right amounts at the right times.

The American College of Sports Medicine says, "Adequate food and fluid should be consumed before, during, and after exercise to help maintain blood glucose concentration during exercise, maximize exercise performance, and improve recovery time. Athletes should be well hydrated before exercise and drink enough fluid during and after exercise to balance fluid losses."

Taco Pita Pizza

INGREDIENTS

- 4 POCKET-LESS PITAS
- 1 POUND 93% LEAN GROUND BEEF
- 2/3 CUP SALSA
- 1/2 CUP LOW-FAT SHREDDED CHEDDAR CHEESE
- 1/4 CUP FINELY DICED RED ONION
- 1 ROMA TOMATO DICED
- 1 AVOCADO SLICED
- 1 CUP SHREDDED LETTUCE

ADDITIONAL TOPPINGS:

- CILANTRO
- SALSA
- SOUR CREAM OR PLAIN GREEK YOGURT

Instructions

- 1. Preheat oven to 350 degrees F. Place pitas directly on to oven rack and heat for 5-7 minutes or until lightly browned. Remove from oven and keep warm by wrapping in aluminum foil.
- 2. Meanwhile, cook ground beef in a large skillet over medium heat until cooked through and no longer pink. Drain any grease. Return skillet to heat and add in 2/3 cup salsa and cook for 2 minutes.
- 3. Prepare the taco pita pizzas by placing a pita on a plate and topping with the cooked ground beef, shredded cheese, diced onion, diced tomato, avocado, and additional toppings as desired.