



MAINTENANCE LEVEL IV INSTRUCTIONS

Congratulations for taking the necessary steps for correction of your problem. We salute you for achieving this goal.

Upon ridding yourself of symptoms and dealing effectively with the cause of your problem, you now enter the Maintenance Phase. It should be noted that any time you take up any serious exercise program, a consultation with Dr. Walsh is advisable. What is good for one person or group of individuals may be extremely detrimental to others. A good exercise program is fun, safe, varied and individualized.

RELAXATION:

The art of relaxation is a talent that we all must learn. Allocate 20 minutes per day strictly for the purpose of inducing creative thought and relax into a deeper appreciation of how far our bodies have already brought us. An attitude of gratitude facilitates much wellness in our lives.

EXERCISE:

Stretch first!!! Emphasis must be placed on stretching your body before and after any exercise program. It is happily noted that, with the advent of the Nautilus and Universal machines, there are numerous programs from which to choose. In addition, a cardiovascular activity should be done at least 3 times per week for 30 to 60 minutes. Highly recommended are a stationary bike, stepper machine, elliptical machine and swimming. The stretching you do following any activity is more effective for permanent lengthening of the muscles, since it increases blood flow to the area being stretched. Stretching **before** an exercise prevents injuries **during** exercise. Varying your activities provides a balance to your physical structure. ie: running, racketball, stair climbing, swimming, basketball, etc.

ADDITIONAL COMMENTS ON THE MAINTENANCE STAGE LEVEL IV

At this point, chiropractic adjustments, muscle balancing and therapeutic massage are periodic. We have found the 4 -8 week time period is generally suitable for most people.

Go forth. Have fun and stay healthy. It is true that, "an ounce of prevention is worth a pound of cure". When you find yourself going "off", do what it takes to get back on track. It has been our pleasure to serve you and we look forward to serving you in the future. Your questions are always welcomed and greatly appreciated.

Now that you are familiar with the services of the **WALSH WELLNESS CENTER**, we would appreciate referrals of those whom you feel would benefit from our services.