



10 Daily Habits for a Healthier Body & Happier Spine

1. **Start your day with a stretch**
Take 3–5 minutes each morning to gently loosen your spine, neck, and hips.
2. **Sit less, move more**
If you sit a lot, stand up or walk every 30–45 minutes to keep your joints happy.
3. **Drink more water**
Hydration helps your discs, muscles, and energy levels. Aim for half your body weight (in oz).
4. **Keep your screen at eye level**
Looking down too often can strain your neck and upper back.
5. **Sleep with support**
Use a good pillow and avoid sleeping on your stomach — your spine will thank you.
6. **Take a 20-minute walk daily**
It helps your circulation, digestion, mood, and mobility — all in one go.
7. **Lift safely**
Always bend your knees, not your back, and keep the object close to your body.
8. **Breathe and slow down**
A few deep breaths or quiet moments a day can ease muscle tension and reduce stress.
9. **Listen to your body**
Pain or stiffness is your body's way of asking for attention — don't ignore it.
10. **Get checked regularly**
You don't need to be in pain to benefit from chiropractic care. Wellness is proactive.

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