

CLICK CHIROPRACTIC

a wellness guide to exercise

"MOVEMENT IS A
MEDICINE FOR
CREATING CHANGE IN A
PERSON'S PHYSICAL,
EMOTIONAL, AND
MENTAL STATES."

CAROL WELCH





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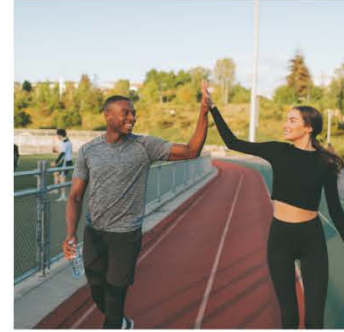


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What's the deal with **EXERCISE?**

Let's talk about the **benefits** and **rationale**



Incorporating exercise into your chiropractic care can have profound effects on your overall well-being. It can improve your mobility, alleviate pain, and enhance your mental health.

By developing a personalized exercise plan, you can create a routine that not only benefits your physical health but also brings you joy and fulfillment. Remember, exercise is a personal journey, and finding what works for you is key to making it a lifelong habit.

What's the deal with **EXERCISE?**

Let's talk about the **benefits and rationale**

Exercise is not only about physical health; it's also a time for personal exploration and enjoyment. Finding an exercise routine that works for you and your lifestyle is key. It's important to choose activities that you genuinely enjoy and look forward to, rather than feeling pressured to do what you think you "should" be doing.

Whether it's walking, dancing, swimming, or yoga, the best form of exercise is one that you want to do. This approach can make exercise more sustainable and enjoyable, leading to better adherence and long-term health benefits.



EXERCISE CAN ACT AS A CRUCIAL COMPONENT OF CHIROPRACTIC CARE, OFFERING BENEFITS LIKE IMPROVED MOBILITY, PAIN RELIEF, AND OVERALL HEALTH ENHANCEMENT.

EXERCISE RECOMMENDATIONS

In accordance to the American College of Sports Medicine (ACSM)

Exercise can be a critical part of chiropractic care, helping you move better, feel less pain, and improve your overall health. Research shows it can be especially helpful for conditions like arthritis and other muscle and joint issues. When your chiropractor suggests exercise, they're giving you a way to feel better and take control of your health.

The American College of Sports Medicine (ACSM) recommends activities that get your heart pumping and work your muscles. This could be things like walking, swimming, or lifting weights. It's important to start slowly and gradually do more as you feel comfortable.

The FITT principle is a helpful guide for your exercise routine:

Frequency: Aim for at least three days a week, gradually increasing as you feel more comfortable.

Intensity: Exercise at a level that challenges you but doesn't cause pain. You should be able to talk but not sing comfortably during exercise.

EXERCISE CAN ACT AS A CRUCIAL PART OF YOUR CHIROPRACTIC CARE, HELPING YOU MOVE BETTER, REDUCE PAIN, AND IMPROVE YOUR OVERALL HEALTH.

EXERCISE RECOMMENDATIONS

In accordance to the American College of Sports Medicine (ACSM)

Time: Start with 30 minutes and gradually increase to 60 minutes as you feel more comfortable.

Type: Choose activities that improve strength, flexibility, and cardiovascular fitness. Examples include walking, swimming, yoga, stationary bike, and strength training exercises.

Progression: Gradually increase the intensity, duration, and frequency of your workouts according to your level of fatigue.

By following these guidelines or working closely with your certified fitness professional, you can achieve your goals of moving better, reducing pain, and improving your overall health and well-being.

On the next page, you'll find the Harvard Medical School Walking Program. This program is designed to help you start exercising in a safe and accessible way. If you've never exercised before, this could be a good option to consider.

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Week	Sessions per week	Warm-up (time and pace)	Walking (time and pace)	Cool-down (time and pace)	Daily total	Weekly total
1	7	3 minutes slow	5 minutes moderate	2 minutes slow	10 minutes	70 minutes
2	7	3 minutes slow	10 minutes moderate	2 minutes slow	15 minutes	105 minutes
3	6	3 minutes slow	15 minutes moderate	2 minutes slow	20 minutes	120 minutes
4	6	5 minutes slow	5 minutes moderate, 5 minutes brisk, 5 minutes moderate	2 minutes slow	20 minutes	120 minutes
5	6	3 minutes slow	5 minutes moderate, 10 minutes brisk, 5 minutes moderate	2 minutes slow	25 minutes	150 minutes
6	6	5 minutes slow to moderate	12 minutes brisk, 3 minutes moderate	5 minutes slow	25 minutes	150 minutes
7	6	5 minutes slow to moderate	15 minutes brisk	5 minutes moderate to slow	25 minutes	150 minutes
8	5	5 minutes slow to moderate	20 minutes brisk	5 minutes moderate to slow	30 minutes	150 minutes

How to create a lasting exercise and movement habit

CHECKLIST



- ✔ **CHECK WITH YOUR DOCTOR**
Before starting any new stretching routine, it's important to check with your doctor or healthcare provider, especially if you have any existing health conditions or concerns. They can provide personalized advice and ensure that stretching is safe and beneficial for you. Use this checklist to establish a lasting stretching regimen.
- ✔ **START SLOW**
Begin your stretching journey with simple and gentle stretches. Focus on areas of tightness or discomfort, but avoid pushing yourself too hard. As you become more comfortable, gradually increase the intensity and duration of your stretches.
- ✔ **LISTEN TO YOUR BODY**
Pay attention to how your body feels during stretching. A stretch should feel like a gentle pull or tension, not pain. If you experience pain, stop the stretch immediately.

How to create a lasting exercise and movement habit

CHECKLIST



✔ SET “SMART” GOALS

Specific: Define your goal clearly. For example, "I will stretch for 10 minutes every morning."

Measurable: Track progress in a journal or app.

Achievable: Start with a few minutes daily, then increase.

Relevant: Focus on areas needing improvement.

Time-bound: Set a deadline for your goal.

✔ FOLLOW ACSM GUIDELINES

The American College of Sports Medicine (ACSM) recommends incorporating stretching into your routine at least two to three days per week, with daily stretching being even more effective. Stretch to the point of feeling tightness or slight discomfort, and hold each stretch for 10-30 seconds. Include a variety of stretches for different muscle groups, such as static, dynamic, or ballistic stretches.

FULL BODY RESISTANCE TRAINING ROUTINE

Perform each exercise for 30 seconds, followed by 15 seconds of rest. Repeat the circuit 2-3 times.



WARM UP

Before you start your workout, warm up to get your body ready.

Perhaps you begin with 5-10 minutes of light cardio, like brisk walking.

Then, do some dynamic movements, such as arm circles and leg swings, for another 5-10 minutes.

These exercises can help increase your heart rate and prepare your muscles for work.

FULL BODY RESISTANCE TRAINING ROUTINE

Perform each exercise for 30 seconds, followed by 15 seconds of rest.
Repeat the circuit 2-3 times.

GLUTE BRIDGES

Lie on your back with knees bent and feet flat on the floor, hip-width apart.

Engage your core and squeeze your glutes as you lift your hips towards the ceiling.

Hold for a second at the top, then lower back down.



FULL BODY RESISTANCE TRAINING ROUTINE

Perform each exercise for 30 seconds, followed by 15 seconds of rest. Repeat the circuit 2-3 times.



BODY WEIGHT SQUATS

Stand with feet hip-width apart, toes pointed slightly outward.

Bend your knees and lower your hips back as if sitting into a chair.

Keep your chest up and core engaged.

Push through your heels to return to the starting position.

FULL BODY RESISTANCE TRAINING ROUTINE

Perform each exercise for 30 seconds, followed by 15 seconds of rest. Repeat the circuit 2-3 times.

PLANK

Start in a push-up position, but with your weight on your hands.

Keep your body in a straight line from head to heels, engaging your core and glutes. Keep your knees down if needed.

Hold this position for the designated time.



FULL BODY RESISTANCE TRAINING ROUTINE

Perform each exercise for 30 seconds, followed by 15 seconds of rest. Repeat the circuit 2-3 times.



BIRD DOGS

Start on your hands and knees, with wrists aligned under shoulders and knees under hips.

Extend your right arm forward and left leg back, keeping your hips and shoulders square.

Hold for a few seconds, then return to the starting position. Repeat on the other side.

FULL BODY RESISTANCE TRAINING ROUTINE

Perform each exercise for 30 seconds, followed by 15 seconds of rest. Repeat the circuit 2-3 times.



SUPERMANS

Lie on your stomach with your arms extended overhead and legs straight.

Lift your arms, chest, and legs off the floor, squeezing your lower back and glutes.

Hold for a few seconds, then lower back down.



FULL BODY RESISTANCE TRAINING ROUTINE

Perform each exercise for 30 seconds, followed by 15 seconds of rest. Repeat the circuit 2-3 times.



COOL DOWN

Gentle Walk: Walk slowly for 3-5 minutes.

Side Bends: Stand with feet hip-width apart. Bend gently to one side, then to the other. Repeat 5 times per side.

Shoulder Rolls: Roll your shoulders forward and backward 5 times each.

Hip Circles: Circle your hips gently 5 times in each direction.

Deep Breaths: Finish with 1-2 minutes of deep breathing.

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