

# Stay awesome!

## DAILY CHECKLIST

Incorporating just a few of these tips into your daily life will help you stay at your most awesome!

### PHYSICAL

- Stand when you're on the phone and do 'walking meetings' if possible.
- Set the timer on your phone to get up and move around every 40 minutes. (App: [CAA Back App](#))
- Stretch! (Check out [these stretches on our site...](#))
- Schedule in regular exercise every week (yoga, running, gym class, dancing, swimming...)
- Take the active option - stairs over lift, get off the train a stop early and walk, park at the far side of the car park when you go to the supermarket. It all counts!
- Be mindful of good posture. (App: [Posture](#))
- Sleep in the right position (back or side) with a good pillow and mattress.

### CHEMICAL

- Drink 2 - 3 litres of water every day.
- Start with a healthy brekkie. (low carbs + high fat/protein)
- Get in some green veggies every day.
- Eliminate or cut down on the processed and sugary foods.
- Replace vegetable oils with olive or coconut oils + eat more oily fish.
- Detox or eliminate all toxins, drugs and chemicals.

### EMOTIONAL

- Offload your stress - to a close friend or in your journal - to avoid it manifesting in poor health.
- Meditate for 10 minutes each day, preferably in the morning. (App: [Smiling Mind](#), [Headspace](#))
- Make rest, relaxation and rejuvenation a priority, not a luxury - it serves you and everyone around you.
- Reduce white / blue light exposure. (App: [Twilight](#), [f-lux](#), [Bluelight Filter](#))
- Write a nightly gratitude list before you go to sleep.

*Be Realistic - Expect a Miracle*

Book your spine and nerve system examination today.  
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