



Thompson || Chiropractic

AND INTEGRATIVE HEALTH

BACK TO SCHOOL

MOVEMENT CHALLENGE!



A healthy spine helps you learn, play and grow!
Complete one activity each day for the whole month!



 Take a spine break! Sit tall for 1 minute	 Stretch your body for 2 minutes	 Drink lots of water today	 Do 15 squats	 Read for 20 minutes
 Go for a walk or run outside	 Superman hold for 20 seconds	 Check your backpack! Wear it with both straps	 Hold a plank for 30 seconds	 Balance on one foot for 30 seconds
 Do 25 jumping jacks	 Go barefoot outside (grass or sand)	 Do 10 cat-cow stretches	 Get 9–11 hours of sleep	 Roll your shoulders 10 times
 Bird dog 10 times (each side)	 Dance party for 5 minutes	 Hamstring stretch for 30 seconds (each leg)	 Climb stairs 5 times	 Wall sit for 45 seconds
 Take 5 deep belly breaths		 Reach side to side 10 times each way	 Bear crawl across the room and back	 You did it! Way to finish strong!



COMPLETE THE CHALLENGE AND
BRING YOUR CHART BACK TO
THOMPSON CHIROPRACTIC
for a prize!



COMPLETE BY
SEP 30TH!