

Sample Social Media Posts



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Healthy eating starts with knowing the facts about the food you are putting in your mouth. Here's a quick guide to reading a Nutrition Facts label.

More detailed info can be found on the FDA's website:
<http://www.fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm274593.htm#see4>

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 0%
Thiamin 8%	Riboflavin 0%
Niacin 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

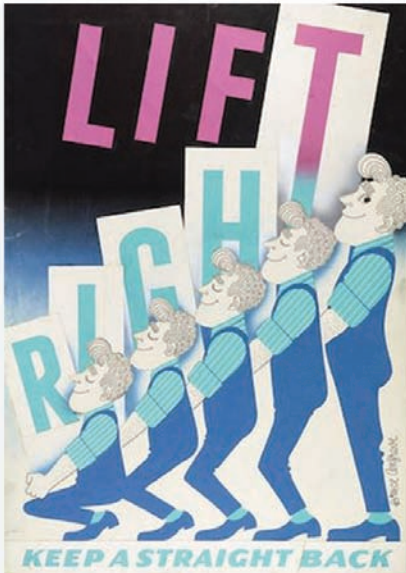
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Lifting heavy objects is a very common source of back pain. Here are a few tips to help you lift properly:

1. Get close to the object you're lifting. Keep your elbows as close to your trunk as possible, trying not to reach your arms away from your body.
2. Bend your knees and lift with your legs and stomach muscles.
3. Don't twist as you lift.

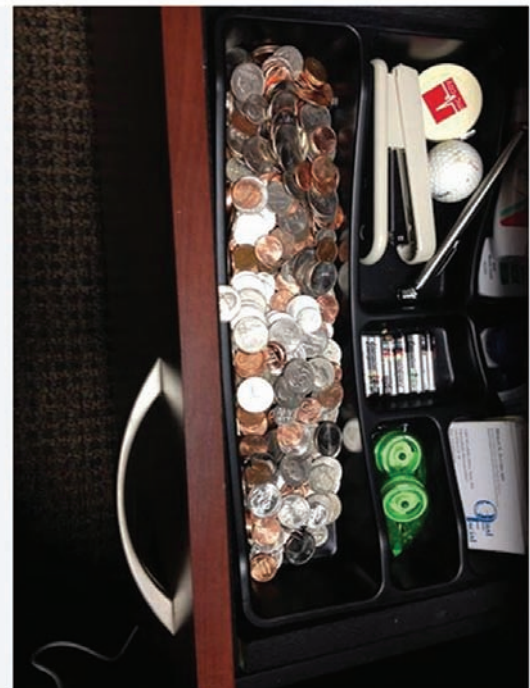
This image is a simple depiction on how to lift correctly to avoid injury.



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So how much change do you think Dr. Steele has tossed in his desk over the last three years? Jenn guessed \$47.53. I think about \$28.92. Your guess?



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If you're in need of a good laugh today, here's a water skiing bloopers featuring Dr. Bertelsman. Don't worry, no one was hurt during the making of this video. :)



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While high heels may look pretty, they aren't always the best for our bodies. This informative graphic shows you why...



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Anti-Gravity exercise on the rise, according to this article. What do you think? Would you try Anti-Gravity yoga?



Fitness physics: Anti-gravity exercise on the rise!
HellaWella
www.hellawella.com

Revamped routines and ever-improving equipment always take fitness to new heights – but are you ready to truly be swept off your feet?



We have another GIVEAWAY today! One lucky fan will win a Chiroflow Premium Waterbase Pillow. All you have to do to enter is "like" this post and leave a comment telling us why you love chiropractic! We'll choose a random winner tomorrow night.



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Always good to know the difference between these two.

HEAT OR ICE

What does it do?

Heat therapy promotes muscle relaxation by opening up the blood vessels and increasing blood flow.

When to use it?

Use heat to ease muscle soreness and spasms, loosen up stiff joints and muscles, and for pain relief from tension headaches.

Safety Precautions

Always wait 48-72 hours after an injury before applying heat. When in doubt, use ice. Never apply heat to an area with swelling or bruising. Treat for no longer than 20 minutes at a time and use a cloth between the heat source and the skin. Wait one hour between heat treatments.

What does it do?

Cold therapy reduces swelling, inflammation and pain by slowing the blood flow to an injury.

When to use it?

Use ice directly after an injury to reduce the chances of swelling and inflammation. Ice also calms the nerves and reduces pain.

Safety Precautions

The safest choice for treatment of injuries is ice. Do not use ice for more than 20 minutes at a time. Use a cloth between the ice and the skin. Wait one hour between cold treatments.



Awesome List! Have you tried any of these healthy substitutions?

20 Unique Healthy Food Substitutes

www.MyVeganFamily.com

Instead of:	Try:	Instead of:	Try:
1 BUTTER	Butter, shortening, or Oil → Applesauce	11 Eggs	→ Chia Seeds
2 Creamed Soups	→ Mashed Potato Flakes or Pureed Carrots	12 Pasta	→ Zucchini Ribbons
3 Sugar	→ Cinnamon	13 Rice	→ Grated Steamed Cauliflower
4 Sugar	→ Honey, Applesauce	14 Mashed Potatoes	→ Steamed Cauliflower
5 Heavy Whipping Cream	→ Evaporated Milk	15 Cooking Spray	→ Olive Oil and a little water
6 BUTTER	→ Banana, Mashed Avocado, Chia Seeds	16 Cream	→ Coconut Milk
7 Chocolate Chips	→ Carob Chips	17 Sour Cream	→ Greek Yogurt
8 Canola Oil	→ Greek Yogurt	18 Tortillas	→ Lettuce Leaves
9 White Flour	→ Black Bean Flour or equal parts	19 Mayo or Miracle Whip	→ Mashed Avocado
10 Frosting	→ Marshmallow Fluff	20 Quick Oats or Oatmeal	→ Quinoa

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Ask your Doctor if getting adjusted is right for you. Some side effects may include an enhanced immune system, better sleep, relief from muscle and joint pain, relief from headaches, enhanced athletic performance and an improvement in digestive function.

Anyone with a
Spine
can benefit from
chiropractic.



Fun fact for your Tuesday: Why is there a popping sound when a joint is adjusted?

Adjustment (or manipulation) of a joint may result in the release of a gas bubble between the joints, which makes a popping sound. The same thing occurs when... [See More](#)

**WHY IS THERE A
POPPING SOUND
WHEN A JOINT IS
ADJUSTED?**



Are you looking for a way to stay on track of your nutrition and fitness? Download our FREE printable templates to hang on your fridge. There is a Meal Plan template and a Workout Log template, both free for you to download and print. Feel free to share this with your friends and encourage them to "like" our page, as we will have more freebies and a contest coming up in the future! Hope everyone has a great weekend!

Download Here: <http://www.premierrehab.com/blog/free-printables-meal-plan-and-exercise-log/>



Good posture is essential for maintaining healthy bones, joints and muscles. Here are some helpful tips to correct your posture when sitting, standing, and lying down.



Good Sitting Po

Tips from the American Chiropractic Association
<http://www.acatoday.org>

- Keep your feet on the floor or on a footrest if they don't reach the floor.
- Don't cross your legs. Your ankles should be in front of your knees.
- Keep a small gap between the back of your knees and the front of your seat.
- Your knees should be at or below the level of your hips.
- Adjust the back of your chair to support your lower back or use a lumbar roll.
- Relax your shoulders and keep your forearms on the ground.
- Avoid sitting in the same position for long periods of time.



Tips from the American Chiropractic Association
<http://www.acatoday.org>

- Bear your weight primarily on the balls of your feet.
- Keep your knees slightly bent.
- Keep your feet about shoulder width apart.
- Let your arms hang naturally down the sides of your body.
- Stand straight and tall with your shoulders pulled backward.
- Tuck your stomach in.
- Keep your head level: your earlobes should be in line with your shoulders. Do not push your head forward, backward, or to the side.
- Shift your weight from your toes to your heels, or one foot to the other, if you have to stand for a long time.



Tips from the American Chiropractic Association
<http://www.acatoday.org>

- Find the mattress that is right for you. While a firm mattress is generally recommended, some people find that softer mattresses reduce their back pain. Your comfort is important.
- Sleep with a pillow. Special pillows are available to help with postural problems resulting from a poor sleeping position.
- Avoid sleeping on your stomach.
- Sleeping on your side or back is more often helpful for back pain.
- If you sleep on your side, place a pillow between your legs.
- If you sleep on your back, keep a pillow under your knees.

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Happy birthday to Dr. Bertelsman! Do you think you have known him a long time? The person who has know him the longest will receive a gift from Dr. B! Respond with how long you have known him in the comments section, to win this Premier Rehab tumbler! Giving gifts on his birthday, what a guy!



The concepts of chiropractic care have been employed since as early as 2700 BC. Hippocrates once wrote, "Get knowledge of the spine for this is the requisite for many diseases".



CHIROPRACTIC

Obviously it's just some fad.



We've compiled a few tips for a pain free summer vacation. Check it out on the blog today:

<http://www.premierrehab.com/blog/summer-travel-prepare-for-a-pain-free-vacation/>

Where are you headed to this summer for vacation?



Premier Rehab Ltd.
www.premierrehab.com

Since 1982, Premier Rehab Ltd. has provided Belleville, IL. and surrounding communities with expert, healing care for all types of musculoskeletal pain including sports and work injuries; ACA, ICA, ABS



In case you didn't know... the human spine is amazing!

When we're born, our spine has **33** individual bones called vertebrae. Some of these vertebrae will fuse together as we age.

If the spine were bent into a circle, it could create nearly 2/3 of the shape.

Back pain is one of the most common reasons for **doctor's visits** in the United States.

The most common cause of back pain and spinal cord trauma in the United States is **car accidents.**



Humans and Giraffes both have **7** vertebrae in their necks.

The spine contains over **100 joints** which allows for it's extreme flexibility and range of movement.

Cartilage in the spine can expand and contract.

In the absence of gravity during space travel, an astronaut can return to earth a few inches taller. The presence of gravity is the reason why people tend to shrink as they get older.

