

## **TIPS TO LIVE BY!**

- 1) DRINK ONE GLASS OF WATER FOR EVERY 20 POUNDS OF BODY WEIGHT EVERY DAY
- 2) START YOUR DAY OFF WITH SOME PROTEIN
- 3) STRETCH AND PERFORM ABDOMINAL BREATHING 10 TIMES BEFORE GETTING OUT OF BED
- 4) DO NOT MIX STARCHY CARBO'S WITH YOUR PROTEINS
- 5) AVOID WHITE SUGAR, WHITE FLOUR, DAIRY PRODUCTS, ALCOHOL AND CAFFEINE. IT IS NOT WHAT YOU DO 5% OF THE TIME THAT HURTS YOU SO EAT IN MODERATION!
- 6) EXERCISE WITH PERFECT FORM AND QUALITY IN MIND NOT HOW MUCH WEIGHT YOU CAN MOVE AROUND. THIS SIMPLY CAUSES STRESS ON YOUR JOINTS
- 7) EAT ENOUGH CALORIES, ESPECIALLY PROTEIN CALORIES TO SATISFY YOUR DAILY CALORIC NEEDS. EATING MORE SOMETIMES HELPS YOU LOSE WEIGHT BETTER THAN STARVING AND DIETING
- 8) LIQUID VITAMINS AND MINERALS ARE THE BEST TO TAKE AND EASILY DIGESTED
- 9) CLEANSE OR DETOX YOUR BODY OF YEAST AND PARASITES AT LEAST TWICE A YEAR. THREE TO FOUR TIMES IF YOU HAVE PETS, ESPECIALLY CATS OR BIRDS
- 10) SPEND AT LEAST TWENTY MINUTES A DAY FOCUSING ON YOUR LIFE AND GOALS, CLEARING YOUR MIND OF DAILY STRESSES
- 11) EXERCISE AT LEAST 20-30 MINUTES A DAY, THREE TIMES A WEEK AT YOUR OFBR
- 12) STRETCH YOUR THIGH, CHEST, LOW BACK AND NECK MUSCLES EVERY DAY. STRETCHING IS WORK TOO. DON'T JUST MOVE A LITTLE, MAKING IT A WORK OUT TOO.
- 13) CONTRACT (AT LEAST TEN TIMES A DAY) TO STRENGTHEN THE BACK OF YOUR THIGH MUSCLES, ABDOMINALS, & MUSCLES BETWEEN THE SHOULDER BLADES. THESE MUSCLES ARE ALWAYS STRETCHED DUE TO GRAVITY AND POSTURE CAUSING THAT TIGHT TIRED FEELING. DON'T STRETCH IT!
- 14) IF YOU HAVE PAIN BEFORE OR DURING AN EXERCISE SESSION THEN YOU NEED MEDICAL ATTENTION PRIOR TO STARTING YOUR PROGRAM
- 15) SPEND TIME COMMUNICATING WITH YOUR LOVED ONES EVERYDAY
- 16) REMEMBER THAT "PERFECT PRACTICE, MAKES PERFECT" SO DO IT RIGHT! ALL THE TIME

**WE ARE HERE FOR YOU & CAN HELP YOU FOLLOW THESE TIPS!  
OUR INJURY PREVENTION EVALUATION IS FREE TO EVERYONE!  
INCLUDES CONSULTATION, BODY COMPOSITION, CARDIAC- RECOVERY TEST,  
CALORIC NEEDS CALCULATION AND OPTIMAL FAT BURNING RATE (OFBR)  
CALCULATION!**

**DON'T MISS OUR FREE PATIENT APPRECIATION TREATMENT DAY AND MIXER  
LAST SATURDAYS OF EVERY MONTH! 9-12**

**OUR COMPLETE CLEANSING AND NUTRITIONAL PROGRAMS ARE  
DEVELOPED TO HELP YOU BE THE BEST YOU CAN BE.**

**QUEST REHAB & WELLNESS GROUP  
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