

THE ROAD TO WELLNESS

By completing the curriculum below you will learn how to care for your spine - the core foundation of health, youth and vitality - for the rest of your life.

REQUIREMENTS	COMPLETED
YOUTH & VITALITY WORKSHOP	
YOUR 10-50 YEARS HEALTH GOALS:	
KINESIOTAPING (KT) IN OFFICE	
POSTURE PROFICIENCY CONSULT - HABITS TO WATCH FOR & CUES TO FIX	
HEALTHY WORKSTATION --> SEND TO SUPPORT@SB-FC.COM (ANYWHERE YOU SPEND 2+ HOURS/DAY)	
THERAPEUTIC EXERCISE PROFICIENCY - KNOW YOUR MOVES	
HOME TRACTION PROFICIENCY - KNOW YOUR SET UP	
IN OFFICE TRACTION PROFICIENCY - KNOW YOUR SET UP	
CORRECTED SPINE, POSTURE AND RANGE OF MOTION	

HEALING PRINCIPLES

VIDEOS	QUIZZES
INTRO TO THE WELLNESS WALL	QUIZ #1 - HEALING PRINCIPLES
HEALING IS GROWING	
SPEED YOUR HEALING	
RECOVERING FROM INJURIES & ILLNESS	

SELF CARE (EXERCISE)

VIDEOS	QUIZZES
WHY YOU MASH & STRETCH	QUIZ #2 - THERAPEUTIC EXERCISE PRINCIPLES
WHY WE DO HOME TRACTION	
HOW TO SQUAT (FUNCTIONAL)	
WHY MIRROR IMAGE EXERCISES	

HABITS

HOW TO SIT	QUIZ #3 - HEALTHY HABITS PART 1
HOW TO STAND AND EXECUTE GOOD POSTURE	
HOW TO LIFT	
HOW TO SLEEP	
DRIVING/TRAVEL	QUIZ #4 - HEALTHY HABITS PART 2
RELAXING SAFELY	
WALKING/RUNNING	
READING/HANDHELD DEVICES	
HOUSEHOLD CHORES/ MISC	

GRADUATION CEREMONY TO THE WALL