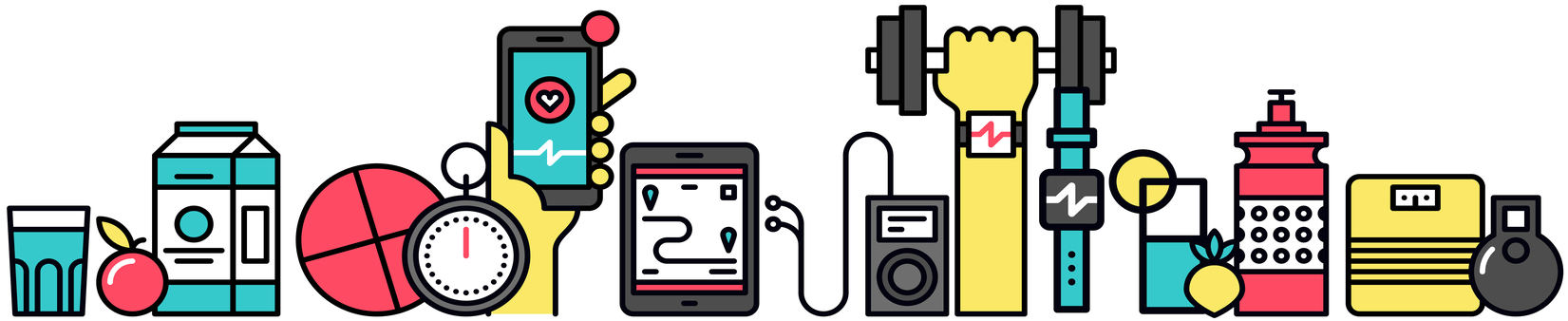

CORPORATE SYNERGIES®

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5 HEALTH HACKS to keep you MOVING

A study by the University of Utah shows that even short bursts of exercise can have a positive impact on physical health and mental wellbeing.
Try these calorie-burning, muscle-strengthening, movements, as demonstrated by TN chiropractor Dr. Josh Renkens.

YOGA PUSH-UPS
to improve shoulder and back mobility

MODIFIED CURL-UP
to strengthen abs and back

SPLIT STANCE PEC MOBILIZERS
to strengthen chest muscles

WALL MARCHES
to activate the glutes

ANKLE ROCKERS
to promote proper alignment

HOW MANY, HOW LONG?
Use your discretion and slowly build up to more reps. Too aggressive and you could actually suppress your immune system function.

TIP FOR SUCCESS - WATER!
At least 8 oz. in the morning – before the coffee – helps hydrate and could increase metabolism.

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