

Health & Wellness

by OHG



Movement

Longevity Through Movement

When you hear the word “movement”, the first thing that usually comes to mind is exercise. Working out consistently is incredible for your healthspan as it has been linked to protecting cardiovascular health, reducing diabetes risk, supporting weight management, strengthening bones, improving sleep, and reducing the risk of anxiety and depression. But if you’re just starting out with lifestyle shifts, you don’t need to jump into intense exercise.



The type of movement you’re doing is less important than minimizing being sedentary.

The first step to combat this is simply aiming for as much movement as possible. This includes:

Leisurely strolls

Housework

Running errands

Sitting on something unstable while working (ie., yoga ball)

You can encourage more movement by setting an alarm on your phone to go for regular walks, taking work calls while walking outside, or parking in a far away parking spot. These activities may not sound like exercise, but shifting your mindset to “count” them as movement can actually make a big difference.

How’s Your Posture?

Posture and Aging

It’s no secret that our bodies undergo significant changes as we age; we lose muscle mass, bone density, and even height as our cartilage and spinal discs deteriorate. These physical changes influence our posture significantly. As the body adjusts to shifting strength, structure, and balance, our posture often becomes more slouched or misaligned. Over time, these postural adaptations can contribute to joint pain, reduced balance, and altered walking patterns: hallmarks often seen in older adults.

Rounded shoulders?



1 Head protrudes forward & downward, weakened neck musculature

2 Increased thoracic or mid-spine curvature, (hyperkyphosis)

3 May lead to uneven distribution of pressure on spinal discs

Hollow low back?



Protruding rib cage

1 Anterior pelvic tilt with tailbone pointed backwards (hyperlordosis)

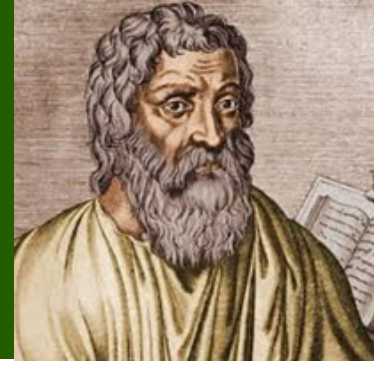
2 Weak abdominals & hamstrings, shortened & tight low back & hip flexors

Why Spinal Health Matters

The spine plays a central role in overall health, acting as the body's main communication highway. It houses and protects the spinal cord, which carries signals between the brain and the rest of the body. When the spine is out of alignment, it can disrupt these signals, leading to pain, dysfunction, and even systemic health issues.

Restoring and maintaining proper spinal alignment is essential for ensuring the body's systems function as they should. This foundation of health supports everything from immune response to physical performance and emotional wellbeing.

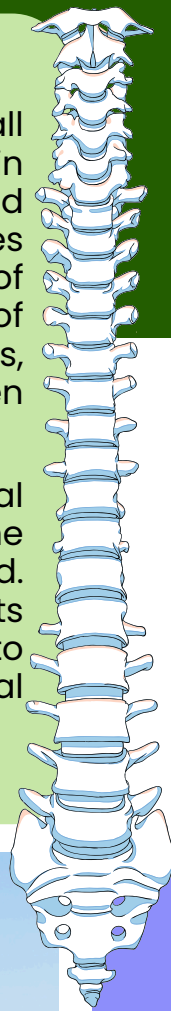
Ever heard of the Hippocratic Oath?



It's based on the principles of Hippocrates, the father of modern medicine, who revolutionized health care by emphasizing that diseases have natural causes, not supernatural ones. His focus on the importance of the spine in overall health remains highly relevant today. Modern chiropractic care is rooted in his teachings and continues to improve function and wellness by optimizing the connection between the spine and nervous system.

"Get knowledge of the spine, for this is the requisite for many diseases."

– Hippocrates



Muscle Talks to Your Body

Muscle is a secret communicator. When you use it, it releases myokines: chemical messengers that travel throughout the body to reduce inflammation, support the immune system, regulate hormones and appetite, and influence bone mineral density.

It Regenerates, If You Let It

Unlike many tissues in your body, muscle is constantly being rebuilt. Every time you challenge it with resistance, you create microdamage. Your body responds by activating muscle stem cells to repair and strengthen the tissue. This process of muscle regeneration also helps maintain your stem cell pool, something we now know is essential for healthy aging. But without regular use, this cycle slows and sarcopenia (age-related muscle loss) begins to take over. The result: less strength, poorer balance, and a greater risk of falls and frailty.

Muscle As Medicine

Muscle is about what you'll be able to do years from now, not just today. It protects you during illness, fuels your recovery, balances your metabolism, and supports your mental and physical independence. So don't think of muscle as optional, cosmetic, or just for the gym crowd. It's your body's *built-in survival tool*.

It's a Metabolic Powerhouse

Muscle isn't just burning calories, it's your body's largest site for storing and using glucose. The more muscle you have, the better your body manages blood sugar, helping prevent insulin resistance and type 2 diabetes. It's also where your body stores amino acids (protein building blocks) and glycogen (your backup energy), which it taps into during stress, fasting, or illness. Think of it as your body's savings account.

It's Connected to Your Brain

The link between muscle and brain is real. Physical activity, especially strength training, increases the release of brain-derived neurotrophic factor: a molecule that protects brain cells and supports learning, memory, and mood.

FEATURED PRODUCT

Resistance Bands



TheraBand resistance bands are a versatile tool to support strength, mobility, and rehab at home or on the go. They're great for activating stabilizer muscles, improving posture, and adding gentle resistance to your routine. We carry a range of resistance levels to suit every ability. Ask us which one is right for you!

Mediterranean Baked Cod



Makes 4 servings
Serving Size: 1 fillet +
3/4 cup veggies

Per serving: 214 kcal

P 29g F 6g C 13g

Ingredients

- 4x 5oz cod fillets, *patted dry* (can sub with halibut)
- 1 tbsp fresh thyme, *chopped*
- 1 tbsp extra-virgin olive oil
- 1 large onion, *sliced*
- 1 small bulb fennel, *thinly sliced*
- 1/2 c vegetable broth
- 1 pint cherry tomatoes, *halved*
- 3 garlic cloves, *thinly sliced*
- 2 lemons
- 2 tbsp capers, *chopped*
- 1/4 c Italian parsley, *chopped*
- Salt & pepper, *to taste*

Directions

1. Preheat oven to 400°F.
2. Season the cod with juice from one lemon, thyme, salt & pepper on both sides and set aside.
3. Heat a large skillet on medium-high, then add the olive oil followed by onions, fennel, tomatoes, and garlic. Sauté for 10 minutes until tender. Add the capers, broth, salt to taste, and cook for 4 min.
4. Transfer to a baking dish and add the fish and lemon slices. Bake for 15 min, the fish should flake at edges. Top with parsley & serve hot.



FIX YOUR POSTURE



Wall Angels

2 sets - 10 reps

Improves shoulder mobility and upper body strength

Chin Tucks

2 sets - 10 reps

Strengthens deep neck flexors and corrects forward head posture



Cat-Cow Stretch

10-15 reps

Mobilizes the spine, promotes flexibility and relieves tension



Doorway Chest Stretch

2 sets - 30 seconds

Opens up chest muscles and counteracts slouched posture



Bird Dog

2 sets - 10 reps/side

Strengthens the core, low back and glutes, while building stability & balance

Glute Bridge

2 sets - 12 reps

Strengthens glutes, hamstrings and core, supports low back and improves hip mobility

