

Your “Stay Fit While You Sit” Toolbox



I trust you enjoyed your “Stay Fit While You Sit” event and we have arranged a toolbox to hold your information and further resources in.

Information on its own is of no value. When put into action, habits which counter the destructive nature of prolonged sitting can, improve balance in your structure, muscle tone and nerve system function. This serves to prevent premature aging of the spine and ultimately helps us achieve our mission of:

“Helping you and your Family do what you Love for Longer”

Let’s get to work!

Dr Craig

To see the edited version of the “Stay Fit While You Sit” presentation on YouTube and share it with your friends and family go to the following link

[YouTube Channel - The Loving Life Pyramid – Loving Movement Playlist](#)

Sections in Your Toolbox

1. “Say Fit While You Sit” Presentation Slides Apr 22 with space for your notes.
2. Edited [“Stay Fit While You Sit” You Tube Presentation](#) with Lundy Construction for you or to share with your family and friends.
3. Tummy Time Exercise (keep your neck healthy) – overview and tracking sheet and link to video.
4. Forward Head Stoop –Spinal Hygiene Exercise to Prevent or Reduce Forward Head Carriage
5. The 3 Minute Spinal Stretch Routine – A Perfect Way To Start Your Day
6. Q & A Sessions with the Chiropractor – Every Monday 7.30pm!
7. 15 Minute Free 1-2-1 with Dr Craig Hindson BEng DC
8. Spinal Hygiene Gift Bag – Yours for the Taking!
9. \$180 Full Spinal Assessment Gift pass
10. What now? Into Action. The Traffic Light. START, SLOW DOWN, STOP

Section 1 – The “Stay Fit While You Sit” Presentation



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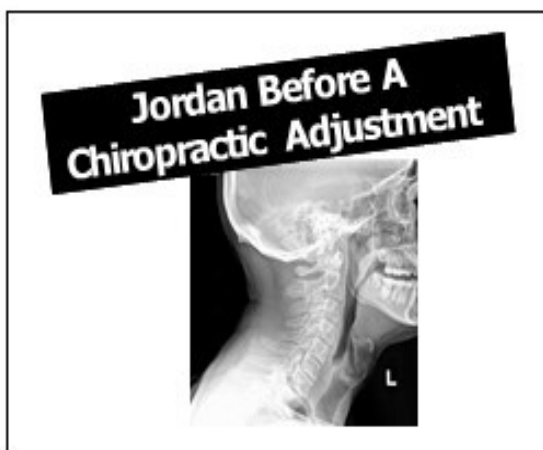
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LUNDY
MP LUNDY CONSTRUCTION INC.

**OUR GIFTS to YOU
 and YOUR FAMILY**

Lundy Construction & Loving Life Chiropractic
 Have Paid The \$180 Charge For
 6 Full Spinal Assessment Passes
 First come, first served – Email drcraig now.
drcraig@lovinglifechiropractic.com
 Tel: (613) 725 2525

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28



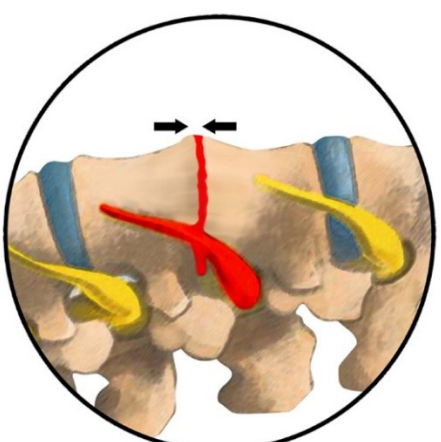
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NERVE INTERFERENCE PROCESS

=SUBLUXATION



FIGHT & FLIGHT sympathetic

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REST AND DIGEST parasympathetic

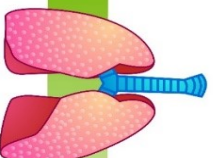


Dilated

Increase
heartbeat



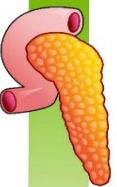
Relaxed



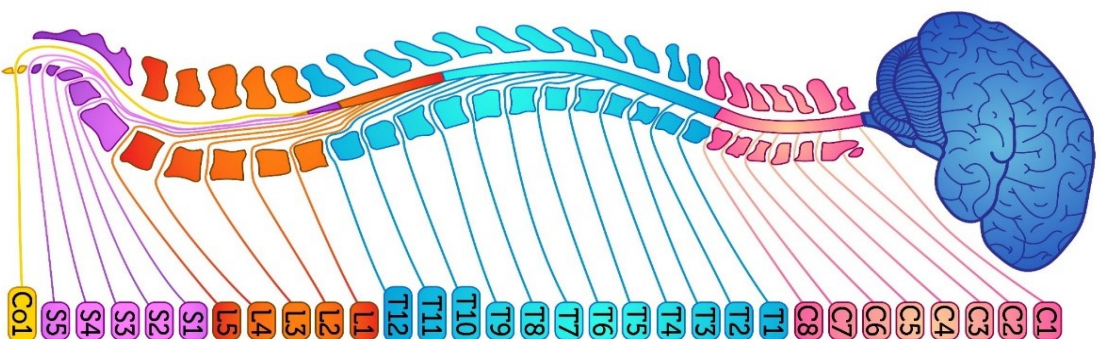
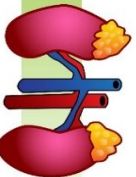
Inhibited



Inhibits
insulin



Adrenalin
released



Blood supply to the head, pituitary gland

Eyes, optic nerves, tongue, forehead

Cheeks, outer ear, face bones, teeth

Nose, lips, mouth, eustachian tube

Middle of neck and upper part of arms

Lower part of neck, arms and elbows

Lower part of arms, shoulders

Diaphragm

Hands, wrists, fingers, thyroid

Heart, its valves and coronary arteries

Lungs, bronchial tubes, pleura, chest

Gall bladder, common duct

Liver, solar plexus

Stomach, mid-back area

Pancreas, duodenum

Spleen, lower mid-back

Adrenal glands

Kidneys

Ureters

Small intestine, upper/lower back

Ileocecal valve, large intestine

Appendix, abdomen, upper leg

Sex organs, uterus, bladder, knees

Prostate gland, lower back, sciatic nerve

Lower legs, ankles, feet

Glutes, quads, calf muscle

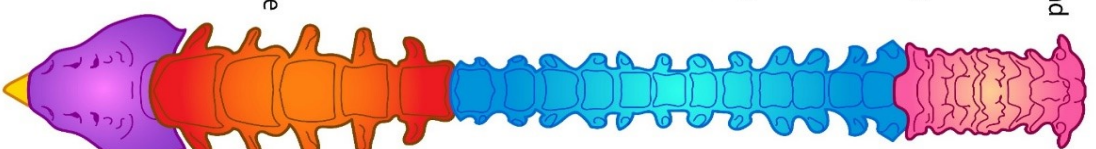
Urethral sphincter, glutes

Pelvic floor muscles

Anus, pelvic floor

Pelvic floor

Rectum, anus



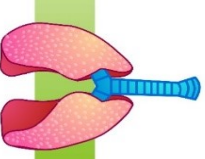
Constricted



Slow
heartbeat



Constricted



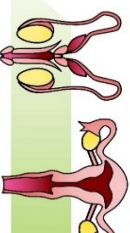
Stimulated



Inhibit glucose and
stim gall bladder



Aroused



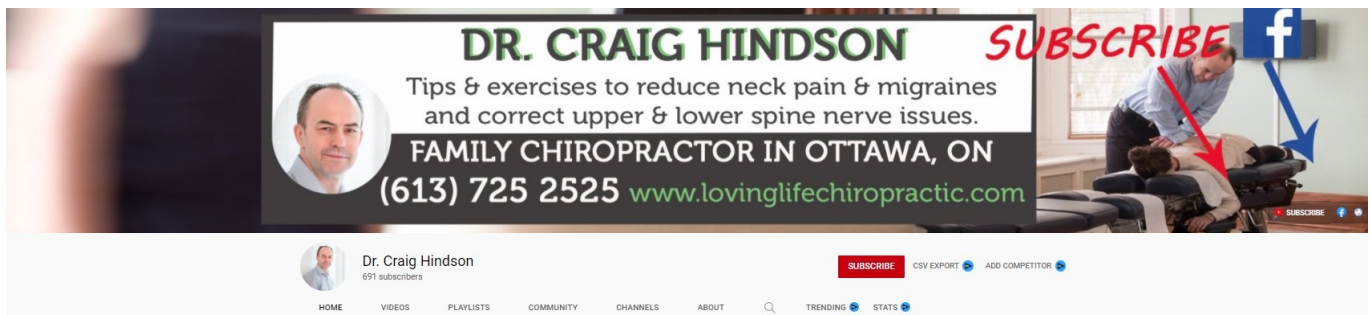
Section 2- Edited “Stay Fit While You Sit” You Tube Presentation with Lundy Construction for you or to share with your family and friends.

This copy of the presentation is edited to ensure anonymity of attendees and keep subject material in context.

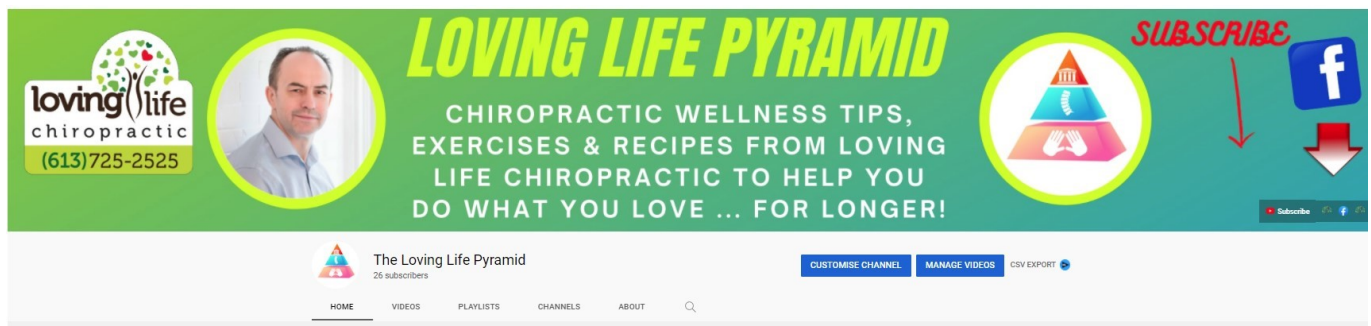
Section 2b – Your 2 Spinal Health Youtube Channels - Dr Craig Hindson and The Loving Life Pyramid

Loving Life Chiropractic has 2 YouTube channels –

1. [Dr Craig Hindson](#) which covers upper and lower spine nerve system issues. Click here or on the image below to subscribe and/or browse the channel.



2. [The Loving Life Pyramid](#) – Chiropractic Wellness Tips, Exercises and Recipes
NEW CHANNEL** The video can be found in the Loving Movement Playlist which can be found by [clicking here](#) or on the image below.



Section 3 - Tummy Time Exercise (keep your neck healthy) – overview and tracking sheet

For link to [video click here](#)

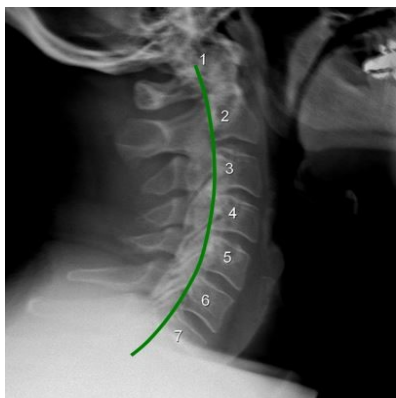


As an infant, tummy time is especially important as part of brain development. Research shows that it strengthens arms and legs and helps grow the frontal cortex of the brain, leading to better cognitive function.

The frontal cortex of the brain has many functions including behavior, caring and communal activities. Its size and large proportion in humans is the main reason we are at the top of the food chain.

The frontal cortex is not fully formed as an infant, its growth is stimulated as baby looks up and to the side. This motion also helps develop and maintain the cervical or neck curve.

Conversely, loss or poor development of the cervical spine curve is associated with reduced cognitive function, increased risk of stroke, high blood pressure and more “fight and flight” survival-type activity (i.e. increased vital signs, anxiety, depression, poor healing, loss of libido) to name just a few.

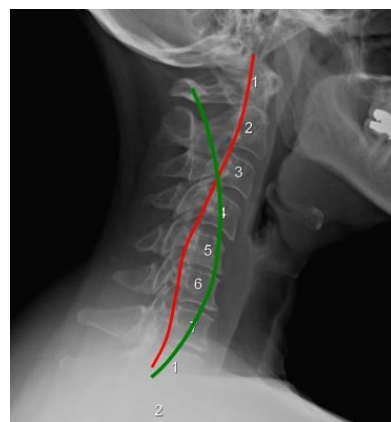


So, my question to you is this. When was the last time you spent time on your stomach looking up and to the side, having fun (and encouraging your neck curve to develop)?

Answer ... probably not for some considerable time!

WE ARE EXCITED TO BE SHARING THIS STRETCH with you, which if incorporated multiple times daily (it just takes 16 seconds, so we should be doing it between at least

4-12 times a day) can be used by you, your children and your friends and family to tune up your brain and prevent premature aging of the spine. Don't worry – 12 times a day is easy. We have a list of places you can do this activity multiple times a day and you can layer it with other healthy and necessary daily activities!



WHY IS IT IMPORTANT TO DO THIS MULTIPLE TIMES A DAY?

Gravity is the biggest micro-stress your cervical curve is fighting against.

You remember the “hump” you can see on the neck of older (and sometime not so old) members of the community? It is a result of 40 years of vertebral subluxation (which restricted the motion and curve development/maintenance in the first place) and 40 years of continual action of gravity.

Once you are regularly getting spinal/nerve system imbalance (subluxation) removed by your chiropractor it is now time to retrain the brain and body to maintain a healthier neck curve.

HOW TO DO IT (CLICK [HERE](#) FOR A VIDEO DEMONSTRATION)

1. Lie on your tummy or (if at work/in public) while standing, imagine you are lying on your tummy. (Put your hands in front in a push-up position if it helps).
2. Push up and look as far over your shoulder and up as you can. Do this twice in each direction. Hold for 4 seconds. (2 x 4)

PROGRESS TO:

3. Starting with hands at your side, bring one arm up with your thumb up. Pull your arm back and out to the side. Track the thumb with your eyes. Hold both sides twice for 4 secs. This integrates left and right sides of your brain. This is a very **POWERFUL** neurological (brain body communication) reset!

CAUTION: If you experience any dizziness or pain stop the exercise and let your chiropractor know.



PLACES YOU CAN DO YOUR TUMMY TIME 2 x 4 STRETCHES

- In our education area (or wherever you are) after you have read this article! That's right. No time like the present.
- Waiting in a queue. Superstore q. Bank q. Service Ontario q. Lots of queues to do your stretches in!
- Waiting at a red traffic light. (You can probably do 4 sets on the way to work!)
- In the bathroom (yes it's a good use of your "alone time").
- Wherever you see a person walking who badly is hunched over or has a "hump". (It used to be just older folk but now it can be younger folk on "tech".)
- Waiting for your computer to start or shut down. Hourly, before after and during computer use.
- When playing with your children (and, yes, teach them how to do it too).
- Before, after and while using your mobile device. Try to undo the damage before it's done by your tech!

HOW OFTEN

This is the most important (quickest and easiest) 16 seconds of healthy habit you can do for your nerve system. Starting 4 times a day increasing to 8-12 times a day. Record how many times you do this stretch daily and try to beat your previous daily total.

Tummy Time 2 x 4 Stretches for the Month of _____								
Month	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Remarks
Wk1								
Wk2								
Wk3								
Wk4								
Wk5								

Let us know in the [YouTube video comments section](#) if you find any other good times and places to do your tummy time stretches so we can share with others.

Section 4 - Forward Head Stoop –Spinal Hygiene Exercise to Prevent Neck Pain and “Hump” Development and Improve Your Posture

Click here or on the image below for your short spinal hygiene exercise

Section 5 - The 3 Minute Spinal Stretch Routine – A Perfect Way To Start (and Continue) Your Day

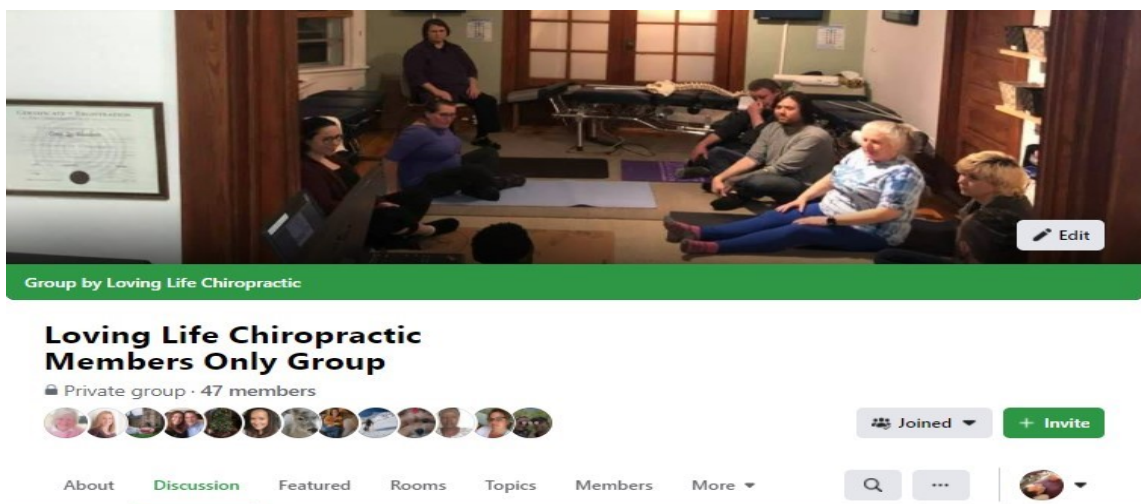
Follow along with Dr Craig to complete this 3 minute, 9-exercise spinal hygiene warm-up. Ideal to do after periods of sitting / inactivity. [Click here](#) for link.

Section 6 - Live Q & A Sessions with the Chiropractor – Every Monday 7.30pm!

Come and join us on Facebook every Monday (7.30pm-close) alternating between our public page (2nd and 4th Monday) [click here](#) or on the image below,



and our Private members only Page (1st, 3rd and 5th Monday) – [click here](#) or on the image below (sorry practice members only can be admitted).



Section 7 - 15 Minute Free 1-2-1 with Dr Craig Hindson BEng DC

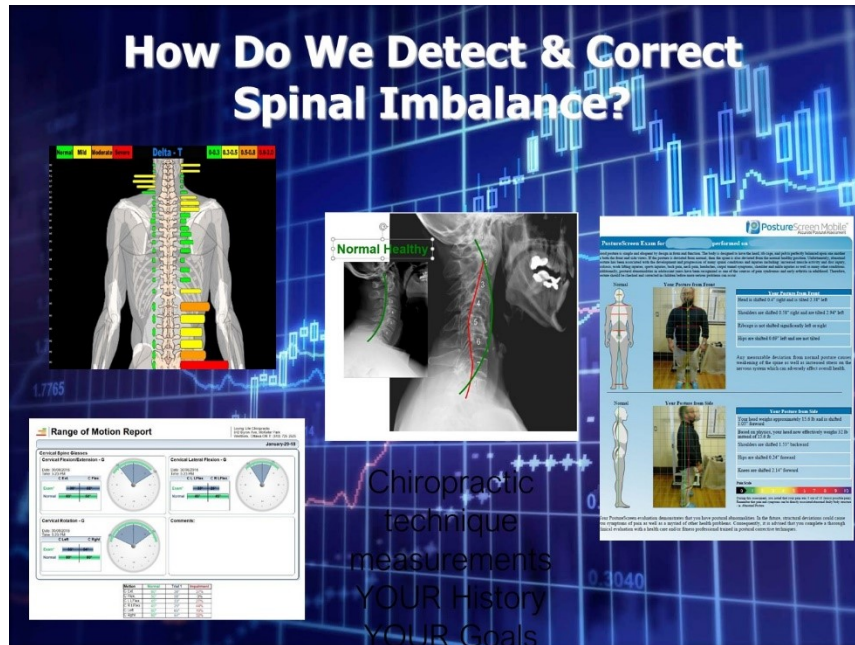
Really simple – just call us on (613) 725 2525 and we will organise a free 15-minute consultation with Dr Craig either on the phone or in-person in office as you prefer. Valid until 31 May 2022.

Section 8 – Spinal Hygiene Gift Bag Worth Over \$60 – Yours for the Taking!

We have a spinal hygiene gift bag for you with useful items on your journey to, “Doing What You Love For Longer.” Ice pack, spinal health voucher, gift bag and more.

Just call by the office at 842 Byron Ave during our [opening hours](#) and pick it up when you are in the Westboro area.

Section 9 - \$180 Full Spinal Assessment Gift pass



To help you start to recover your health and fitness and help you do what you love for longer Lundy Construction and Loving Life Chiropractic (because of some hard negotiating by Jordan) will cover the cost of the full spinal assessment for the first 6 workshop attendees who contact Loving Life Chiropractic (as of 18/4/22, 3 of the 6 passes remain). Simply call (613) 725 2525

Section 10 Into Action. The Traffic Light. START, SLOW DOWN, STOP

Knowledge is not power.
Knowledge put into action is power.

So you have the information so what now? Its time for action!
We look to our trusty traffic light:



START – Tummy time exercises – 8-10 times every day

SLOW DOWN – Stop inactivity by beginning to plan a gradual increase in movement.

STOP – Spending over an hour sitting without standing or moving or both.

Section 11 Other Resources

The Loving Life Workshops:



We run these in-depth workshops every 2 months online, in-house or both.

Enjoy Your Toolbox and Don't Forget to [Register Here](#) for Our Regular Loving Life Workshops –

Loving Food, Loving Rest, Loving Thought, Loving Movement

Held every 2 months. For Lundy construction employees and family use code "PM01" to get free tickets – usual price \$30.

For Full Details [Click Here](#)