

## April Newsletter 2025



Slide Rock, Arizona

### Happy Easter from Resilient Align Pain Solutions

Wishing you a joyful and restful Easter! As we celebrate this season of renewal, it's the perfect time to focus on both your well-being and posture. Easter reminds us to pause, recharge, and reflect on our health—both physical and mental.

April is also Stress Awareness Month, a timely reminder to recognize the significant impact stress can have on our bodies—particularly our posture. Stress often causes tension in areas like the shoulders, neck, and lower back, which can lead to poor posture and discomfort. Taking a moment to reflect on how stress affects your body can help you make meaningful changes for better health and well-being.

Take time to relax, recharge, and remember that we're here to help you along the way. Enjoy a peaceful Easter and a stress-free month ahead!

Warmest wishes,  
The Resilient Team

### RESILIENT ARTICLES

#### How Posture Alignment Can Reduce Pain, Boost Energy and Help You Move Freely Again



Most people don't realize this: **\*\*posture is the foundation of everything\*\***—from how steady you feel on your feet, to how well your joints function, to how much energy you have throughout the day. When your body is out of alignment, the effects ripple far beyond your spine. At our clinic, we don't just treat symptoms. We help your body work the way it was designed to—by restoring **\*\*functional posture alignment\*\***. [Read More](#)

#### Stress Awareness Month: Tips for Keeping Tensions in Check



April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

As we come to the end of the month the issue if stress does not just vanish. Here are some things to think about and pursue for a diminished stress level. [Read More](#)

### EXERCISE OF THE MONTH

#### Static Back

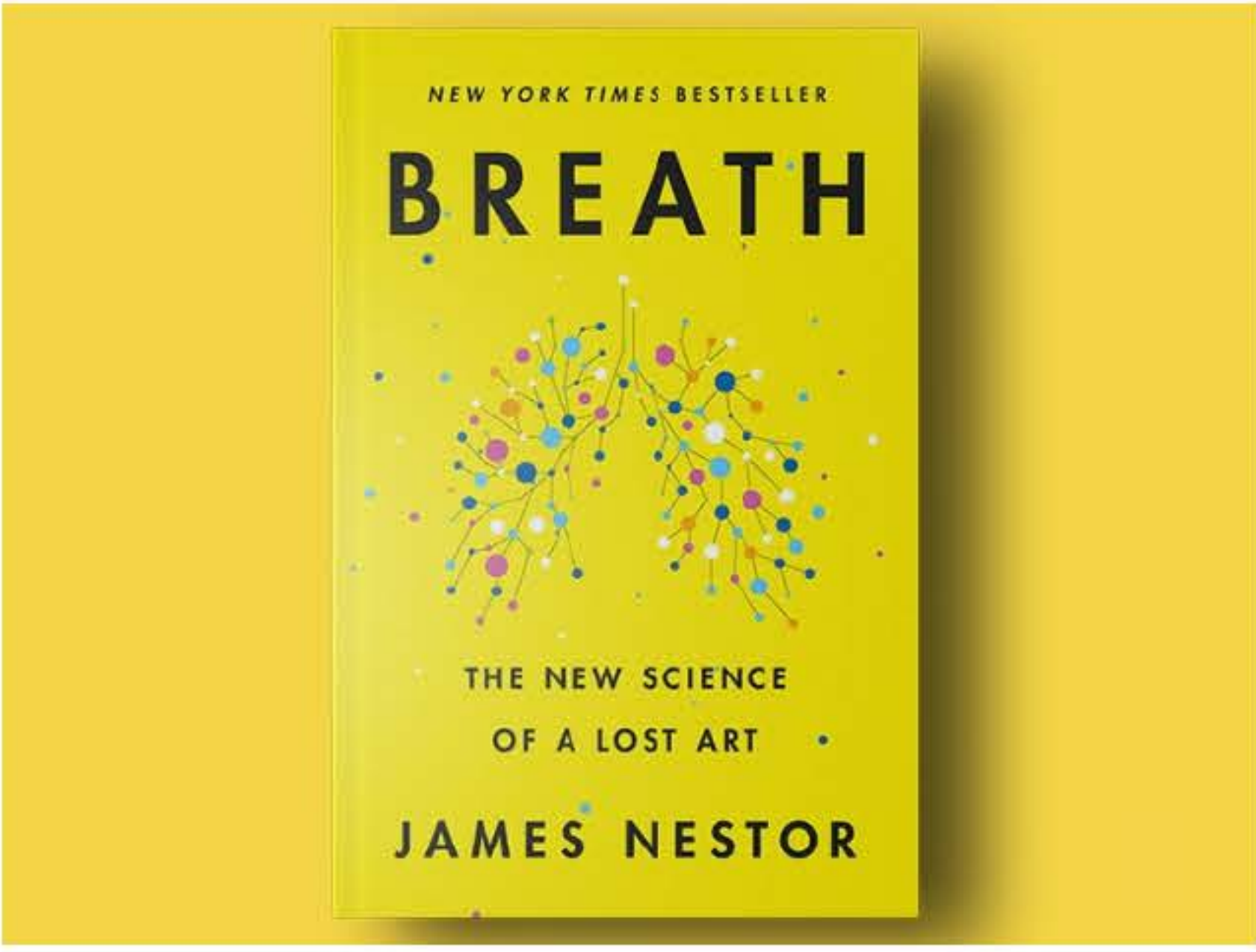


##### Description:

- Lie on your back with legs up and over block, chair, or couch with knees bent at 90 degrees
- Place arms straight out from the shoulders, or just below, with palms up
- Relax legs
- Relax shoulders
- Breathe thru diaphragm (stomach) and feel the body, especially the lower back, settle into floor (do not force)
- Relax 5 min

### JOHN'S BOOKSHELF

#### Breath: The New Science of a Lost Art



*Breath: The New Science of a Lost Art* by James Nestor is a fascinating exploration of the power and importance of breathing. In this book, Nestor takes readers on a journey through the science, history, and benefits of proper breathing. He delves into how the way we breathe has changed over time, often for the worse, and the impact that has on our health.

The book highlights various techniques, including nasal breathing, slow breathing, and controlled breathing exercises, and explains how these practices can enhance our lives, making *Breath* not just a scientific book, but also a practical guide to improving overall well-being. If you're curious about how something as simple as the way we breathe can affect our bodies, *Breath* is definitely worth checking out!

### BILLIE'S RECIPE OF THE MONTH

#### Watermelon Berry Cupcakes



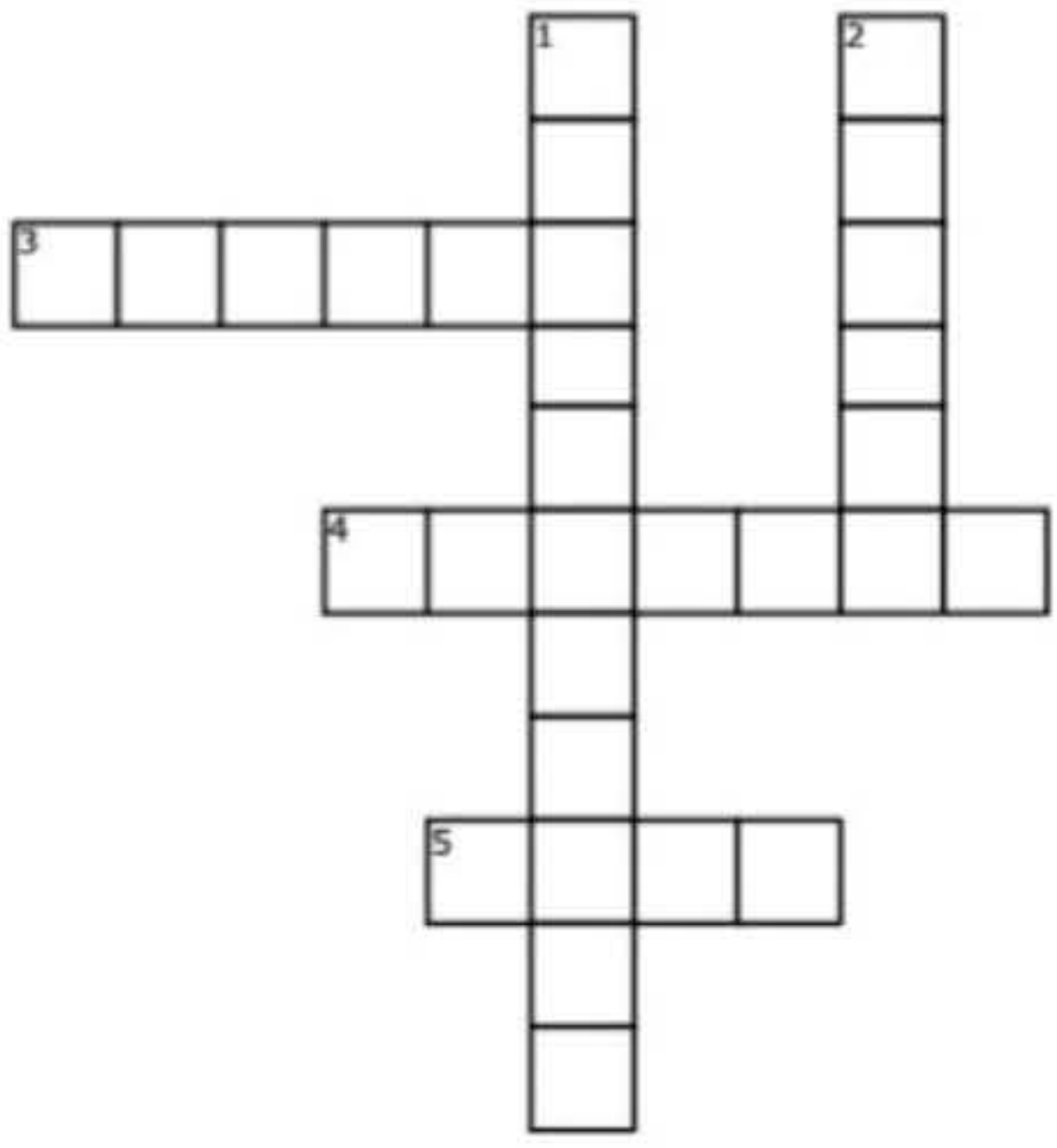
##### Ingredients

- 1 Watermelon
- 1 Cup of Strawberries
- 1 Cup of Blueberries
- 1 Can Whipped Cream (can be substituted with any desired frosting topping)

##### Instructions

Cut watermelon into large slices about 2 inches in diameter and 2 inches tall. Using an old traditional ice cream scooper or a round cookie cutter cut out the circles (cupcakes). Top the watermelon cupcakes with whipped cream or frosting of choice. Decorate with sliced strawberries and a few blueberries each.

### RESILIENT PUZZLES



**Down:**  
1. A posture condition where the shoulders roll forward.  
2. A posture condition commonly known as " \_\_\_\_ back."

**Across:**  
3. The area of the spine that should curve outward when viewed from the side (lower part).  
4. Another term for sitting up straight.  
5. This body part should remain aligned with the spine for good posture.

#### WORD SCRAMBLE

TIALNGMNE \_\_\_\_\_  
OPRUSET \_\_\_\_\_  
ALABENC \_\_\_\_\_  
HCLUOS \_\_\_\_\_  
TPRHIGU \_\_\_\_\_

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