

May Newsletter 2026



Mount Lemmon - Tucson, Arizona

Align & Thrive: Building Stronger Posture This May

Beautiful May Days-

May is Posture Awareness Month, a reminder of how much our daily positions at work, home, and on the go influence how our body feels and functions. Small adjustments in how we sit, stand, and move throughout the day can make a meaningful difference in reducing strain, improving alignment, and supporting long-term comfort.

This month, we are focusing on how posture connects directly to hip health and overall movement. When the body is out of alignment, the hips often compensate, which can contribute to pain, stiffness, and limited mobility over time. Building awareness around posture is an important step in improving how you feel and move.

Warmly,
The Resilient Team

SPECIAL EVENTS

Hip Pain Isn't Random



REGISTER NOW

Are you or someone you know living with hip pain that limits daily activities? Does it keep you from doing what you love? Join us for an engaging workshop to learn practical ways to reduce hip pain and improve mobility using the Resilient approach.

Want to know more about the causes of hip pain now? Email us to receive our special report: *7 Strategies for Cracking the Hip Pain Code*

Register today or share this invitation with someone who could benefit. We would love to see you there!

DATE: Thursday, May 7, 2026
LOCATION: 6970 E Chauncey Ln Suite 110, Phoenix, AZ 85054
TIME: 5:00pm - 6:00pm
PHONE: 480.999.5171
EMAIL: hello@resilientaps.com

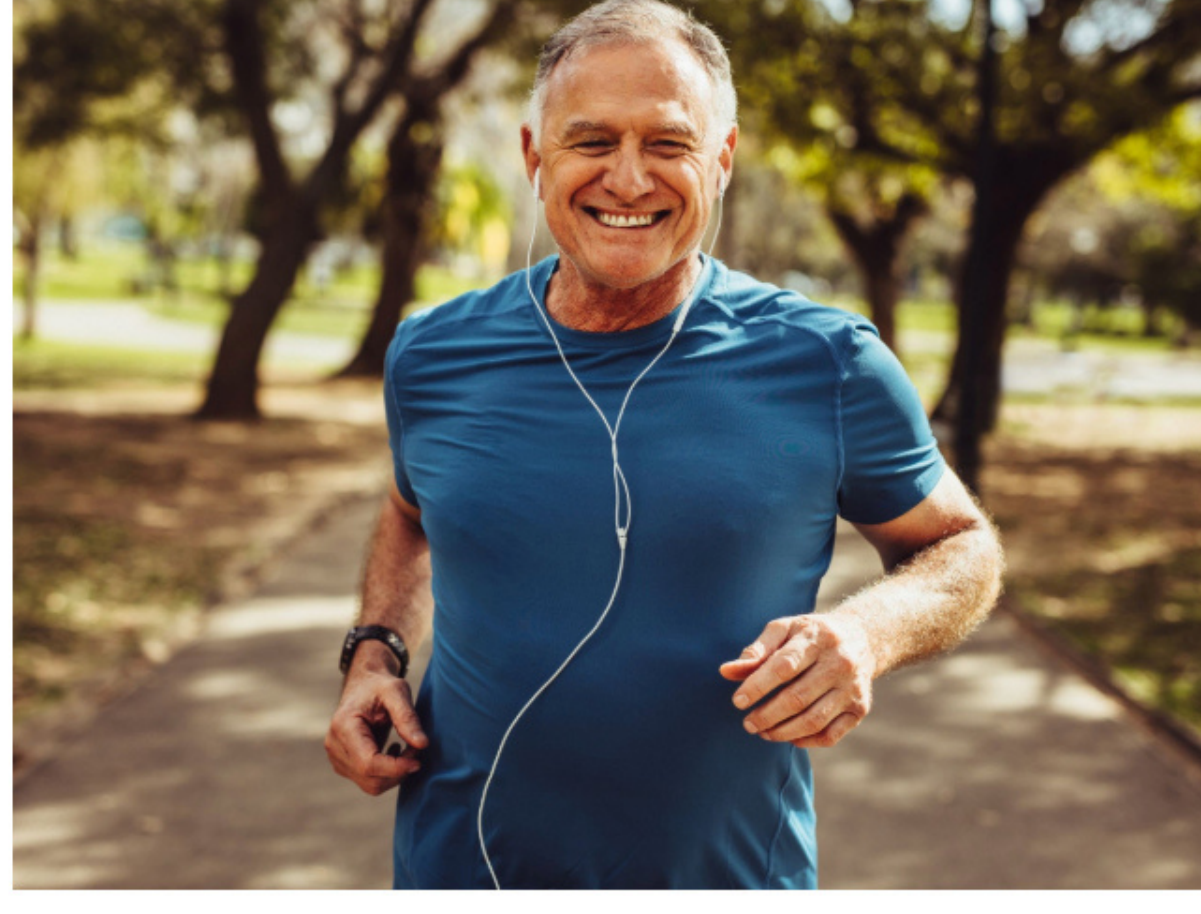
ARTICLES OF THE MONTH

Straighten then Strengthen: A Simple Shift with Big Results



We've all heard the saying, "A chain is only as strong as its weakest link." It's a phrase that holds wisdom for both life and the human body. Too often, people rush into strengthening exercises, lifting heavier weights, pushing harder in workouts, or pounding out miles on the pavement, without asking a critical question: Is my foundation straight? [Read More](#)

Posture Matters



The Posture of Happiness

When someone's unhappy, their posture shows it. Body language expresses our mood and attitude. It's common-sense to know a friend is feeling down when their posture is slumping over. New research shows it's a two way street. How you hold your body affects your mental attitude, and your state of mind changes how you hold your body.

Posture and Technology

Living with tech means posture can suffer as we sit, type and text for hours each day. Now researchers are finding some really significant health consequences, which is one reason posture is trending... [Read More](#)

EXERCISE OF THE MONTH

Standing Elbow Curls

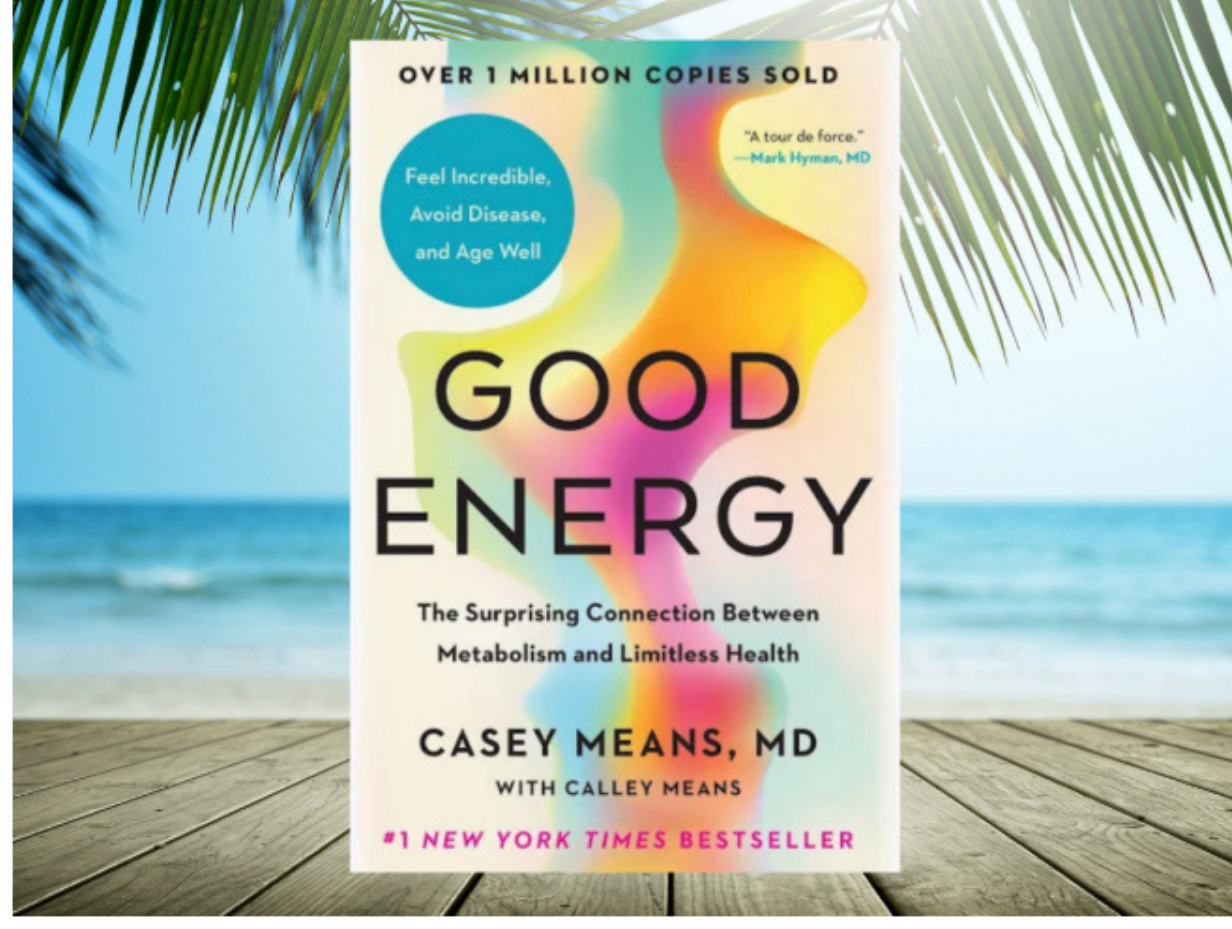


Description:

- Stand with buttocks, upper back and heels against wall
- Curl tips of fingers and place on temples with thumbs pointed down to floor (so palms are facing away from wall) and place elbows on wall or as close to the wall as possible
- Pivoting on temples, curl elbows together to touch (or as close to touch as possible) and then apart until elbows touch wall behind you
- Do not shrug shoulders up
- Keep head, mid back, buttocks, and heels against wall
- Do NOT bend wrists when elbows come together, but keep a straight line from knuckles to elbows entire time
- DO 1 SET OF 25 REPS

JOHN'S BOOKSHELF

Good Energy



A practical guide to improving metabolic health, *Good Energy* argues that most chronic diseases stem from poor cellular function driven by modern lifestyle habits. Dr. Means connects diet, sleep, movement, stress, and environmental toxins to how well our bodies produce and use energy. She also shows how small, consistent changes can restore overall health. The book blends science with actionable steps, encouraging readers to focus on root causes rather than symptom management and to take control of their long-term energy and well-being.

BILLIE'S RECIPE OF THE MONTH

Best Ever Guacamole



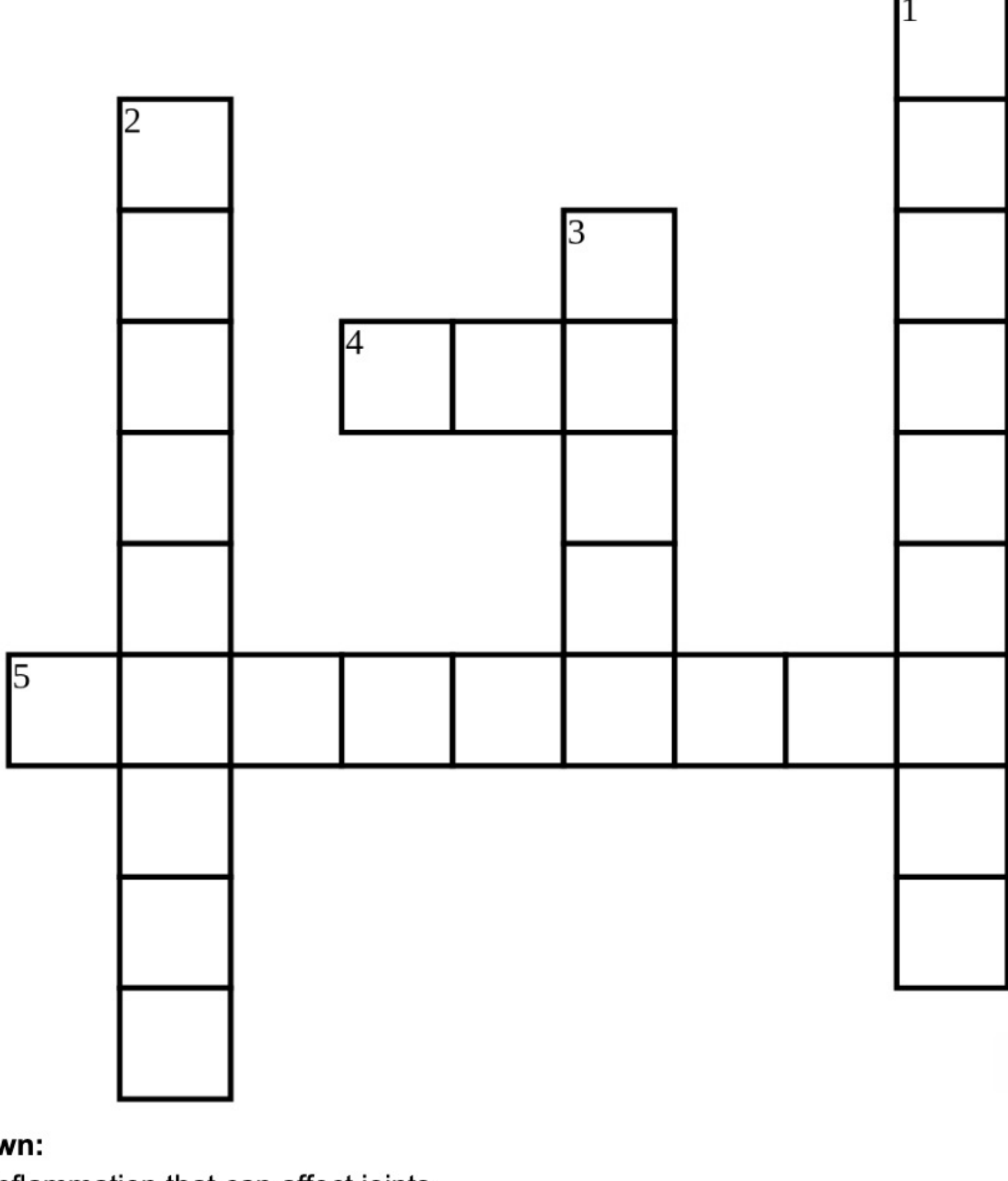
Ingredients:

- 3 avocados, ripe
- ½ small yellow onion, finely diced
- 2 Roma tomatoes, diced
- 3 tablespoons finely chopped fresh cilantro
- 1 jalapeno pepper, seeds removed and finely diced
- 2 garlic cloves, minced
- 1 lime, juiced
- ½ teaspoon sea salt

Instructions:

1. Slice three ripe avocados in half, remove the pit and scoop them into a mixing bowl. Then use a fork to gently mash them to your desired level of chunky or smooth.
2. Add the onions, tomatoes, cilantro, jalapeno pepper, garlic, lime juice and salt and stir everything together. That's it. The most delicious, easy guacamole.

RESILIENT PUZZLES



- Down:**
1. Inflammation that can affect joints
 2. Structure that cushions joints
 3. Sudden tightening of a muscle

- Across:**
4. Joint connecting thigh to pelvis
 5. Balanced positioning of the body

WORD SCRAMBLE

TISEFSSFN _____

OTENND _____

CARGTIEAL _____

OESPTUR _____

TNELIAGNM _____

ANSWERS: 1. STIFFNESS 2. TENDON 3. CARTILAGE 4. POSTURE 5. ALIGNMENT

ANSWERS: Down 1. ARTHRITIS 2. CARTILAGE 3. SPASM Across: 4. HIP 5. ALIGNMENT

Hearing from our clients truly means the world to us. We'd be so grateful if you'd take a moment to share a quick Google review. Your story could help others who are looking for the same kind of care and support.

[Google Reviews](#)