

July Newsletter 2026



John 8:36

Finding Freedom Through Healthy Habits

Have a safe and blessed 4th with family & friends!

As we celebrate Independence Day, we are reminded that freedom comes in many forms. One of the greatest freedoms is the ability to move without limitations and participate in the activities we love. Often, lasting health doesn't come from dramatic changes but from small, consistent choices made over time. Healthy habits, proper movement, adequate rest, and protecting our bodies from unnecessary stress all contribute to long-term well-being. This month, we encourage you to embrace simple habits that support strength, resilience, and the freedom to live life fully.

ARTICLES OF THE MONTH

Freedom to Move: Small Habits Create Lasting Change



Feeling stiff as a board after a long day? You're not alone! A simple daily mobility routine can work wonders in keeping your body flexible, pain-free, and ready for action. In this blog post, we'll provide you with an easy-to-follow mobility routine, complete with detailed instructions. Plus, we'll share our google reviews, that highlight the transformative power of consistency and alignment. Let's get moving!. [Read More](#)

UV Safety Awareness Month



Summer sunshine brings many opportunities for recreation and exercise, but protecting your skin and eyes is essential. Excessive UV exposure increases the risk of skin damage and eye disease. Wearing sunscreen, protective clothing, sunglasses, and staying hydrated are simple ways to safeguard your health while enjoying the season. [Read More](#)

EXERCISE OF THE MONTH

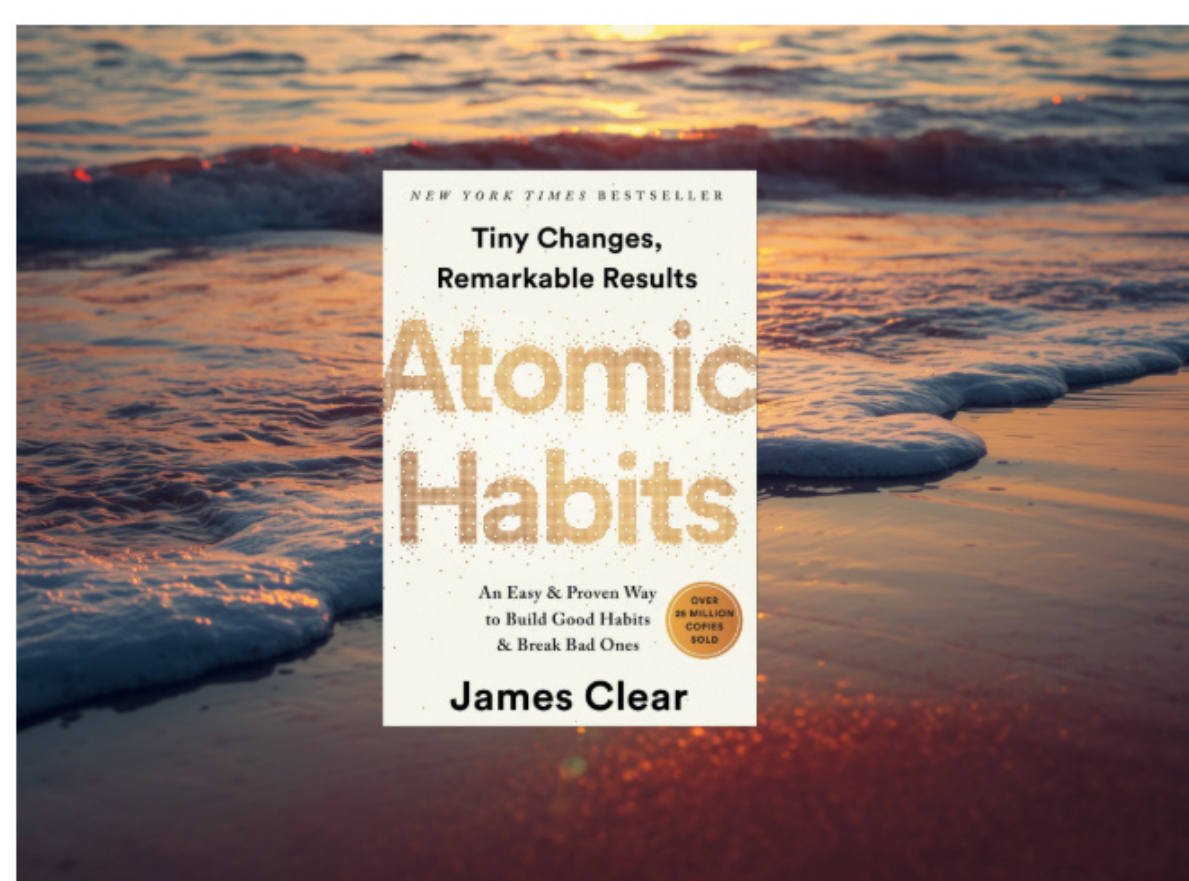
Spread Foot Forward Bend



Description:

- Separate legs into split position keeping feet pointed straight ahead
- Bend forward at hips and place hands on block or on floor in front of you
- Keep thighs tight the entire time and keep the weight even in the feet (not rolling onto the outsides)
- Keep back flat the entire time (do not round). Stay for 30 seconds in each position
- Then move hands to one foot, Keeping hips square, and lean torso in that direction
- Repeat to other side for time shown then back to the center
- Stay for 30 seconds in each position

JOHN'S BOOKSHELF



Atomic Habits

James Clear's bestselling book explores how small daily improvements lead to remarkable long-term results. Rather than relying on motivation alone, *Atomic Habits* teaches practical systems that help create lasting change. Whether improving posture, building an exercise routine, or making healthier food choices, success often comes from tiny habits repeated consistently over time.

"You do not rise to the level of your goals. You fall to the level of your systems." — James Clear

BILLIE'S RECIPE OF THE MONTH

BBQ Chicken Salad



Ingredients:

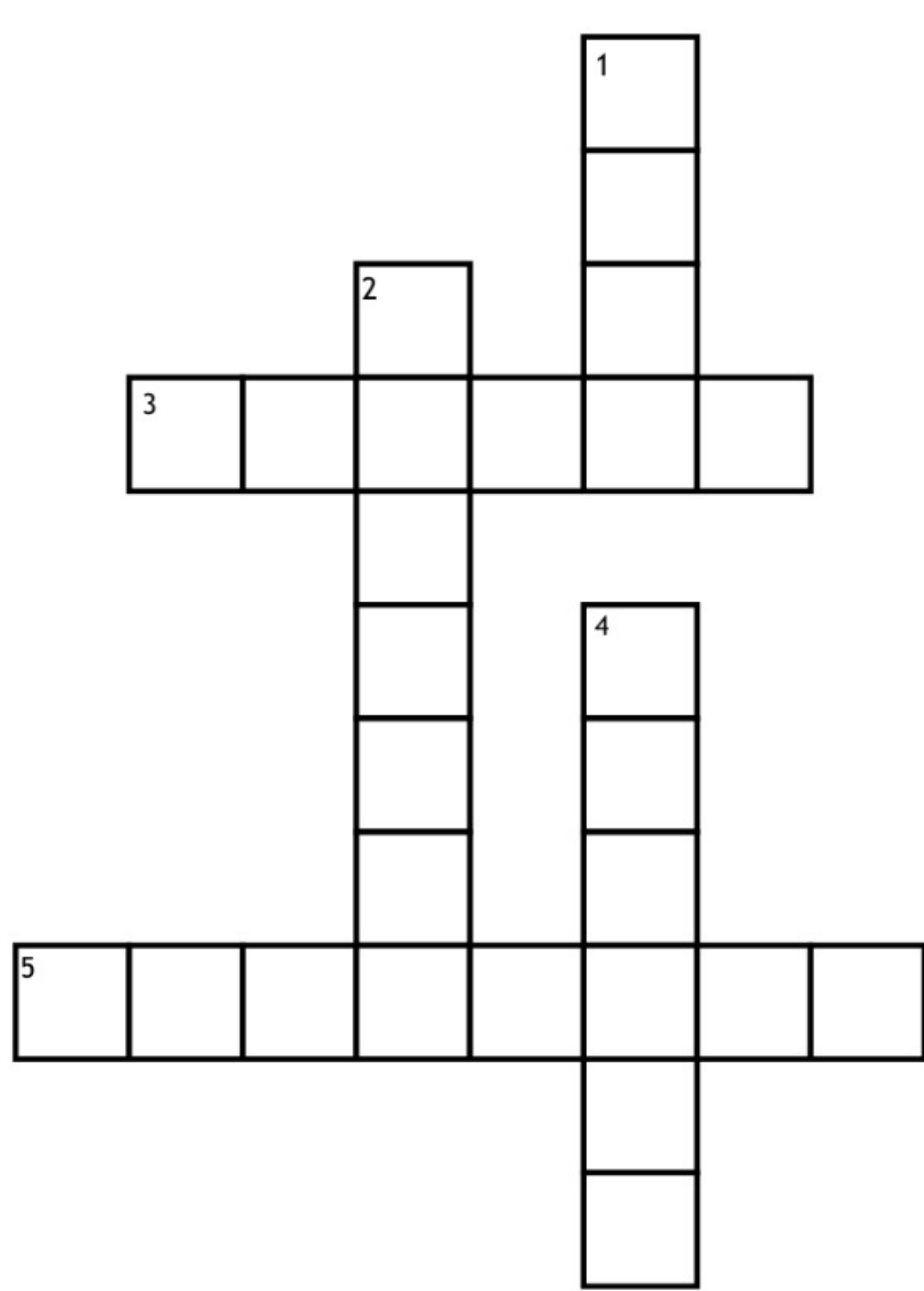
- 2 grilled chicken breasts, sliced
- 4 cups mixed greens
- 1 cup corn kernels
- 1 cup black beans
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- ¼ cup red onion, sliced
- Cilantro to taste
- Shredded cheese (optional)
- BBQ sauce and light ranch dressing

Instructions:

Combine all ingredients in a large bowl. Drizzle lightly with BBQ sauce and ranch dressing. Toss and serve chilled.

Perfect for summer gatherings and Fourth of July celebrations!

RESILIENT PUZZLES



WORD SCRAMBLE

SWGIMNIM _____

BTHSIA _____

EFORDME _____

STAEFY _____

IRLNEITES _____

Down

1. What month celebrates our nation's independence?
2. What word describes the ability to move and live without limitations?
4. What daily behaviors contribute to long-term wellness?

Across

3. What type of rays are important to protect yourself from during summer?
5. What activity is often enjoyed during the summer and is easy on the joints?

ANSWERS: 1. SWIMMING 2. HABITS 3. JULY 4. FREEDOM 5. RESILIENT ANSWERS: Down 1. JULY 2. FREEDOM 4. HABITS 5. SWIMMING

FOR A LIMITED TIME!

★

JULY 1-31, 2026

8 SESSIONS

for

\$1600

Get One Free Session!

16 SESSIONS

for

\$2800

Get One Free Session!

★ ★ Have a blessed 4th of July ★ ★

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](#)