

SEPTEMBER NEWSLETTER 2026



Don’t Just Add Years—Add Life to Your Years

How Old Do You Feel?

September is a great time to take a fresh look at what it means to age well. **Healthy Aging Month and Obesity Awareness Month** remind us that our health is not simply about a number on the scale or the number of candles on our birthday cake—it’s about how well we are able to live, move, and enjoy the years ahead. As we get older, movement becomes even more important. At Resilient Align Pain Solutions, we believe the goal isn't simply to add more years to your life, but to **add more life to your years**. When we take care of our bodies through movement, good nutrition, hydration, and proper alignment, we give ourselves a better opportunity to stay active, capable, and resilient.

To Your Health,
John, Billie, & Carson

BLOG OF THE MONTH

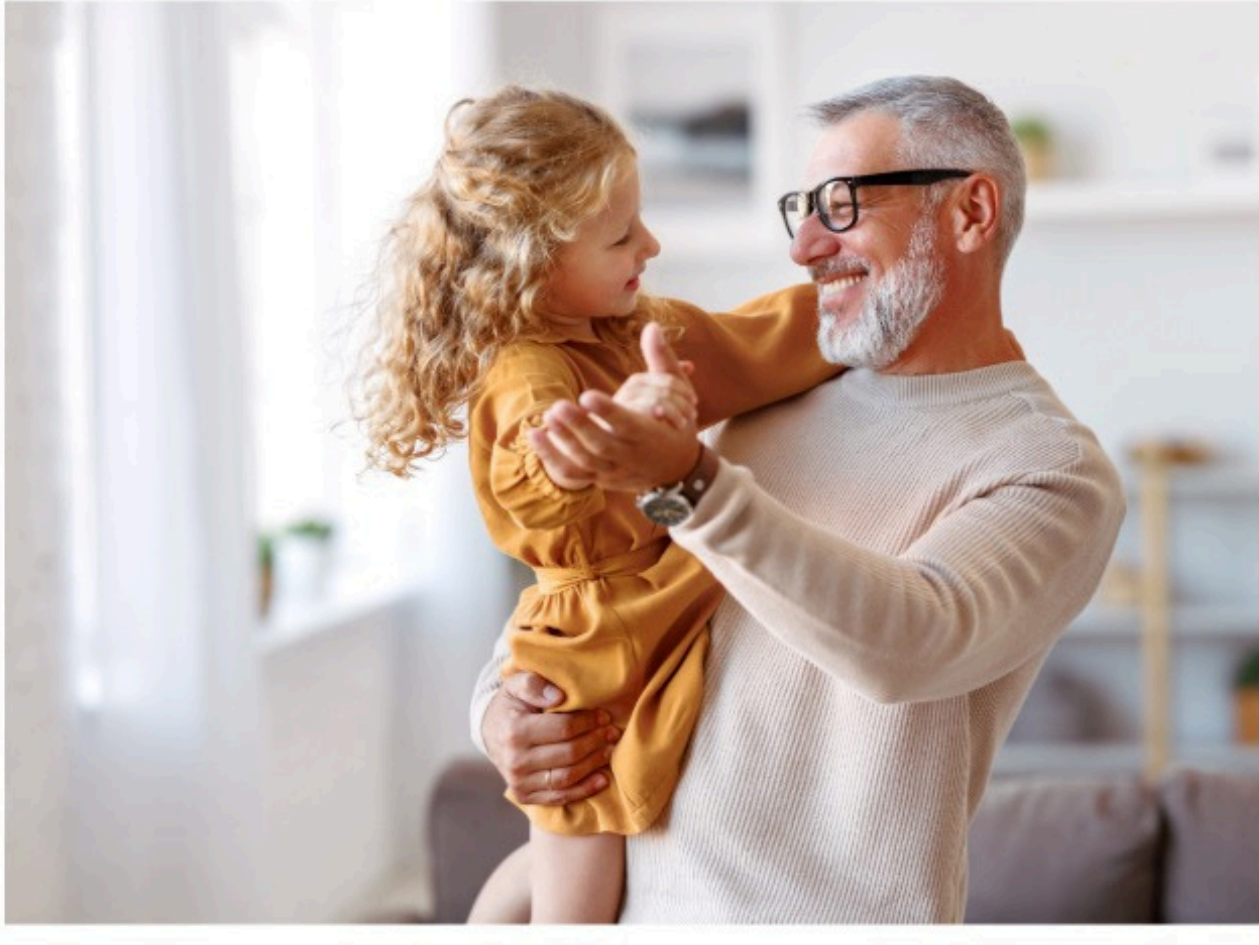


Move More, Hurt Less: Why Daily Movement Matters

Ever feel like a rusting robot after sitting all day? It may be time to “oil the joints” and get moving. Regular movement is one of the most powerful tools for building resilience, improving posture, and reducing everyday aches and pains. Whether it’s walking, stretching, strength training, or dancing in your kitchen, movement helps your body function the way it was designed....

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HEALTHY AGING & OBESITY AWARENESS MONTH



Healthy living is healthy aging. Developing and maintaining healthy aging practices throughout the lifespan contributes to greater resilience and opportunities to thrive as we age — from infancy and beyond. [Read More](#)

EXERCISE OF THE MONTH

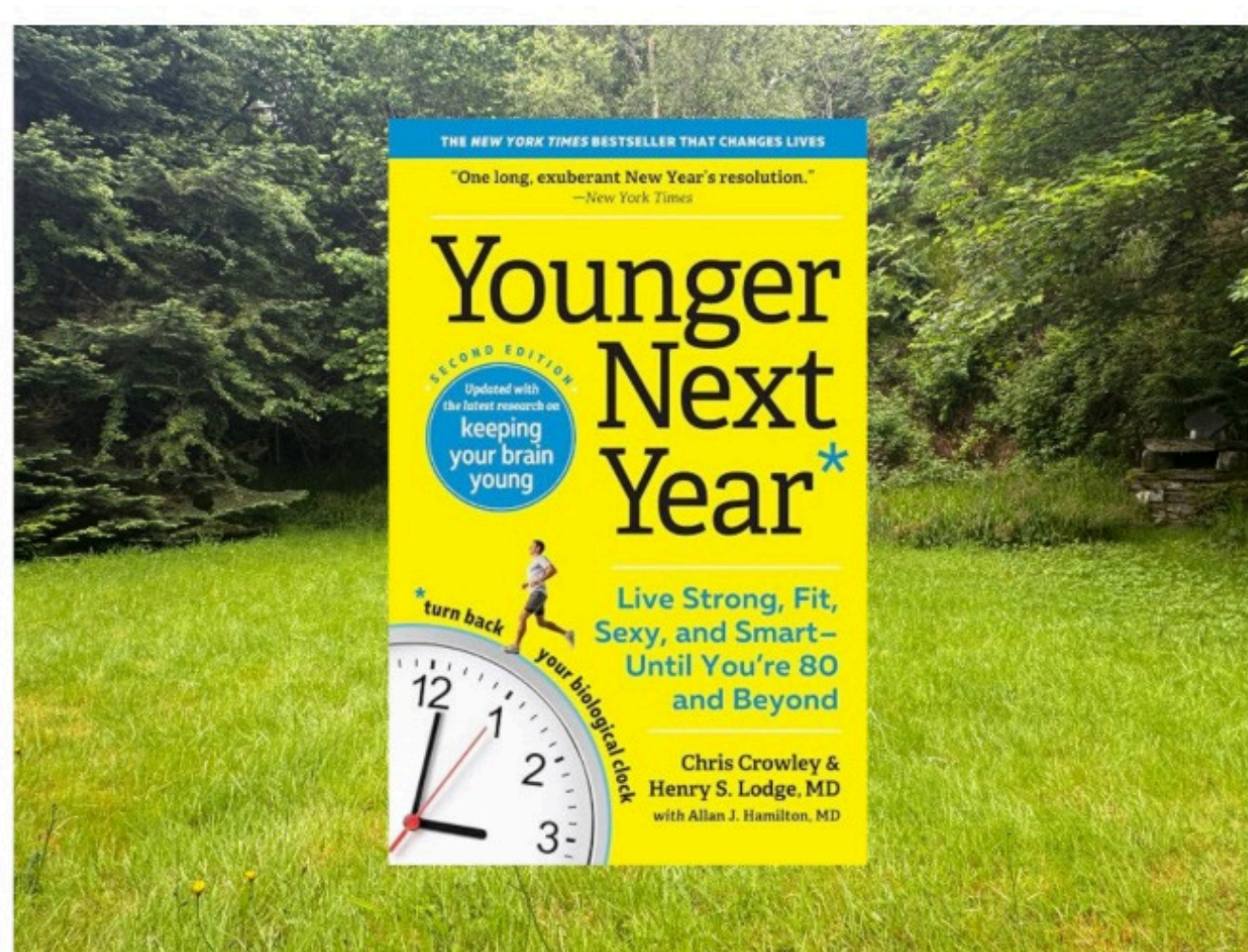


Walking Glute Contractions

Description:

- Stand with one foot directly in front of other and with both feet pointed straight ahead, thus forming a straight line
- Keep weight evenly distributed between both feet
- Squeeze buttocks together and release
- Do NOT contract stomach or thighs
- Step forward and make proper foot placement, squeeze
- Repeat

JOHN'S BOOKSHELF



Dr. Henry Lodge provides the science. Chris Crowley provides the motivation. And through their New York Times bestselling program, you’ll discover how to put off 70 percent of the normal problems of aging—weakness, sore joints, bad balance—and eliminate 50 percent of serious illness and injury. Plus, prominent neurologist Allan Hamilton now explains how following “Harry’s Rules” for diet, exercise, and staying emotionally connected directly affects your brain—all the way down to the cellular level. The message is simple: Learn to train for the next third of your life, and you’ll have a ball.

BILLIE'S RECIPE OF THE MONTH

SALMON & KALE SALAD

Ingredients:

- **Salad Base:**
 - 4 cups chopped kale (stems removed)
 - 2 cups chopped romaine hearts
 - 1 cup cooked farro, barley, quinoa, or rice.
 - 1/3 cup dried black currants, cranberries, or tart cherries
 - 1/3 cup cashews (chopped or whole) pine nuts , sunflower seeds , Pepitas (pumpkin seeds)
- **Salmon:**
 - 2 salmon fillets (about 4–6 oz each)
 - 1 tbsp olive oil
 - Salt and black pepper to taste
- **Champagne Vinaigrette:**
 - 1/4 cup champagne vinegar
 - 3/4 cup extra-virgin olive oil
 - 1 tsp Dijon mustard
 - 1 small clove minced garlic
 - Pinch of salt and pepper

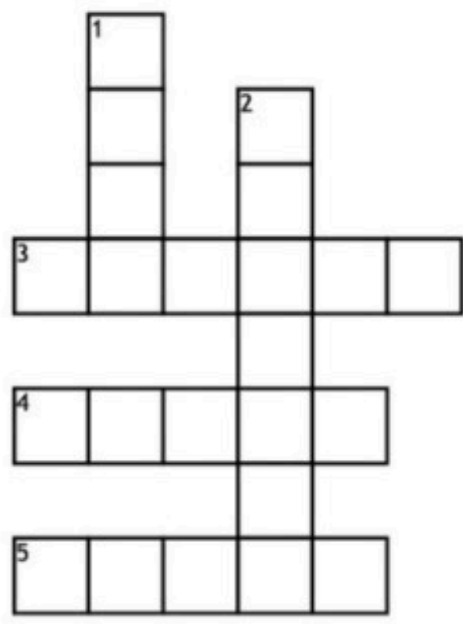
Instructions:

Cook the Farro or other grain: Prepare the farro according to package directions, then let it cool completely.

1. **Make the Dressing:** Whisk the champagne vinegar, Dijon mustard, minced garlic, salt, and pepper together. Slowly drizzle in the olive oil while whisking until smooth.
2. **Cook the Salmon:** Rub the salmon fillets with olive oil, salt, and pepper. Pan-sear or grill them over medium-high heat for 4 minutes per side until cooked through and flaky, then set aside.
3. **Toss the Salad:** In a large bowl, combine the chopped kale, romaine hearts, cooled farro, black currants, and cashews. Pour a light amount of champagne vinaigrette over the greens and toss well.

RESILIENT PUZZLES

WORD SCRAMBLE



Across

3. The goal of caring for your mind and body
4. Growing older in a healthy, active way
5. Essential for hydration and health

Down

1. Something we should do every day
2. Important for stability and healthy aging

1. NTVEOWME _____
2. GGIAN _____
3. YHRTIDNOA _____
4. NNITUTORI _____
5. SGRNTHTE _____

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.

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