

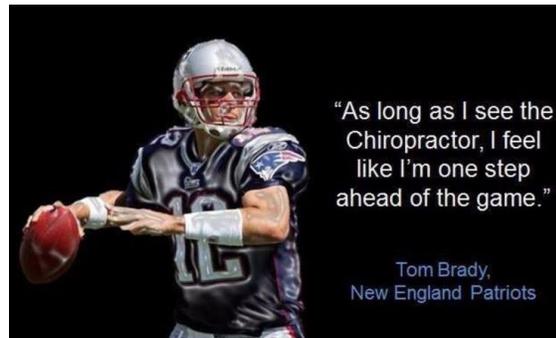


Tom Brady endorses Chiropractic care!

Dear stephanie,

Tom Brady, our most recent NFL SuperBowl champion, keeps himself at the top of his game with Chiropractic care. Regular maintenance visits with your chiropractor is beneficial to keeping your body at peak performance and to prevent injuries.

While many of us have set goals and tried new challenges so far this year, it's important to do a self check to make sure we are on the right track - and that includes checking your technique, mobility and alignment during exercises. If you have questions or concerns regarding your exercise program please feel free to contact me at anytime.



Dr. Stephanie Adey Hons.BSc.,Cert.A.R.T.,D.Acu,R.Kin,D.C.

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FEATURE ARTICLE

10 Tips For Exercising Safely
Harvard Health Publications

We all know exercise is good for us, and it's something we should all do, however, there are steps to take and precautions to be aware of. Here are some tips for starting and staying on the right track of your exercise journey, and to avoid injury.

FEATURE VIDEO & EXERCISE

The Mobility Move You Should Do Before Every Workout
Jill Fanslau - Men's Health Magazine Online

"It'll open up your hips, ankles, and upper back, and activate your core and glutes - all so you can perform your best." This move will encourage your muscles to warm up and active cohesively for a safer and more effective workout.

[Read Article Here \(PDF\)](#)

[Watch Video Online Here](#)



FEATURE PRODUCT

Auum Omega 3-D Boost Capsules

"This is the best omega 3 oil I have used and highly recommend it for joint pain!"

Dr. Stephanie Adey

Help support your joints, cardiovascular and nervous system with **Auum Omega 3-D Boost Capsules!** An excellent source of mammalian omega 3 including EPA, DHA and DPA.

Read more here: [Auum Omega 3-D](#)

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www.drstephanieadey.com

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