

4th Annual GPEStt International
Conference
Presents

Spinal Health and Exercise is
Medicine

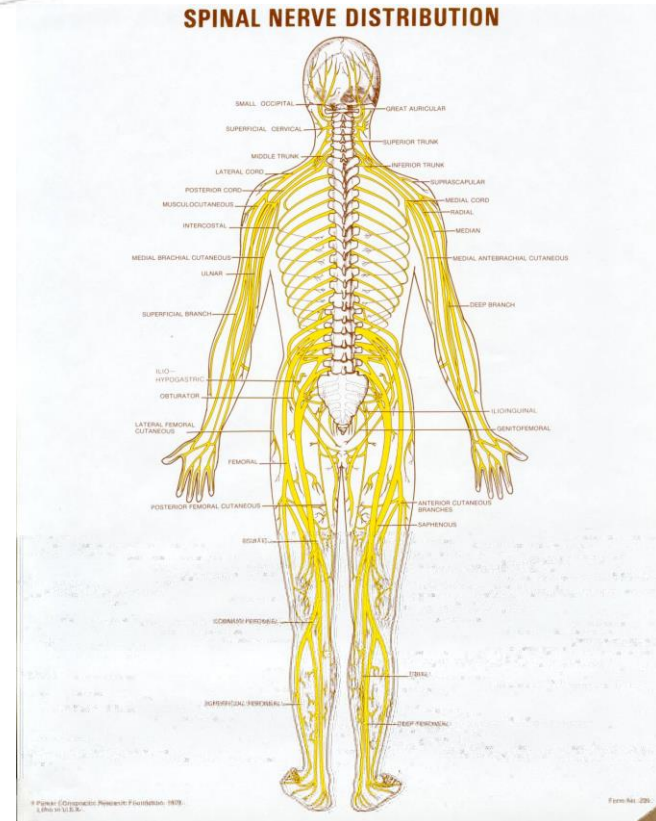
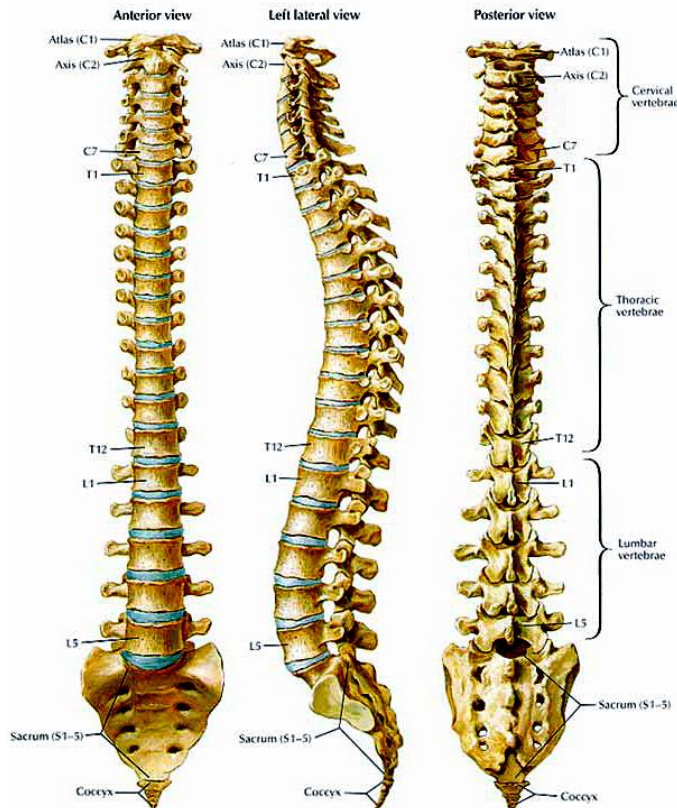
By Dr. Bryan Cox



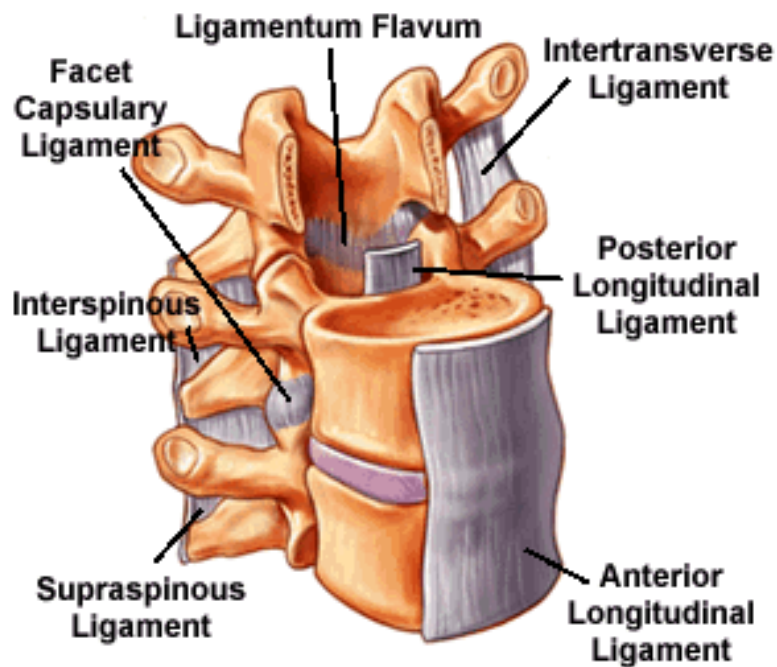
Spinal Health is a part of every ones life, but “What is Health?”

- ◆ As defined by World Health Organization (WHO), it is a "State of complete physical, mental, and social well being, and not merely the absence of disease or infirmity."
- ◆ Health is a dynamic condition resulting from a body's constant adjustment and adaptation in response to stresses and changes in the environment for maintaining an inner equilibrium called homeostasis.

YOUR SPINE IS THE WINDOW TO GREAT HEALTH!!!



Strengthening and Stretching the Spine is vital for Optimal Health and Well-being!



The spine is surrounded by many muscles and ligaments which give it great strength

Why are we talking about the Spine and Exercise?



"The nervous system holds the key to the body's incredible potential to heal itself."



Back and Core Strength #1

#1 Tabletop



#2 Bridging



#3 Pilates Crunch



#4 The Dart



#5 Front Bridge



#6 The 100



#7 Airplaning



Keep your **SPINE** in line with
proper **EXERCISE**.

DR. BRYAN COX



LOVE YOUR
SPINE

YOUR GUIDE TO GOOD SPINAL HEALTH