



**Mabuhay  
Chiropractic  
Clinics**

**PHILIPPINE ANNUAL  
FAMILY HEALTH  
MEETING**

## WELCOME MESSAGE

January comes around marking the start of every year and it is our culture to make a New Year's Resolution. The previous year is behind us including all the resolutions we have failed to accomplish. Yet, we start each year with a hope and promise to do better.

Each year, **Mabuhay Health** will revisit your communities with a different family health issue. It is our desire to help all families begin this Annual Family Health Meeting habit. Home can be a place that follows the business habits of having annual planning sessions and doing self-assessments. Topics we will bring to your family agenda will include such areas as:

- Diabetes
- Scoliosis
- Heart Disease
- Obesity
- Immunity
- Stroke

***This year the topic of focus is on Posture.***

Posture is the position in which you hold your body while standing, sitting or lying down, and is an easy subject to start this in your family.

Good posture involves training your body to stand, walk, sit and lie so as to place the least strain on muscles and ligaments while you are moving or performing weight-bearing activities.

Here is what we know:

- Poor posture is seen with poor health
- Bad posture is seen with bad health
- Good posture is seen with good health.

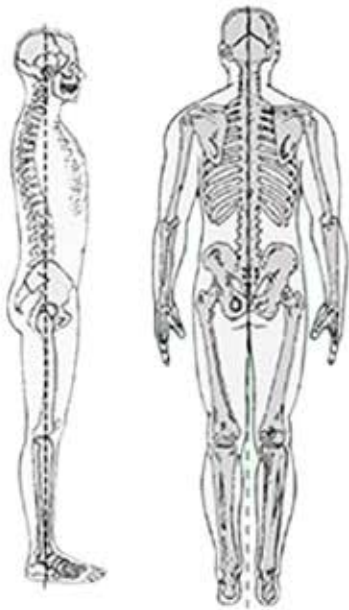
So, let's have you take this simplified screening test.

## MABUHAY HEALTH SOCIAL MEDIA

Instagram: [www.Instagram.com/mabuhayhealth](http://www.Instagram.com/mabuhayhealth)

Facebook: [www.fb.com/mabuhayhealth](http://www.fb.com/mabuhayhealth)

Website: [www.mabuhayhealth.com.ph](http://www.mabuhayhealth.com.ph)



Head 1 2 3

Shoulder 1 2 3

Hips 1 2 3

Head Forward 1

## FAMILY POSTURE SCORING

NAME	SCORE
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____



MR & MS  
**POSTURE**  
*Philippines*

THE SEARCH IS ON FOR THE FIRST EVER

**MR AND MS. POSTURE PAGEANT 2022**

For more details visit our social media sites or log on to [www.mabuhayhealth.com.ph](http://www.mabuhayhealth.com.ph)

Deadline of Submission of Entries: February 2022

Email: [admin@mabuhayhealth.com.ph](mailto:admin@mabuhayhealth.com.ph)



- RED** Above 5 Advanced spinal deviations like scoliosis, other developmental congenital deviations needing professional evaluation.
- AMBER** 3 to 5 2 or more spine misalignments and /or Muscle imbalances that may need professional help.
- GREEN** 0 to 2 Normal or Slight

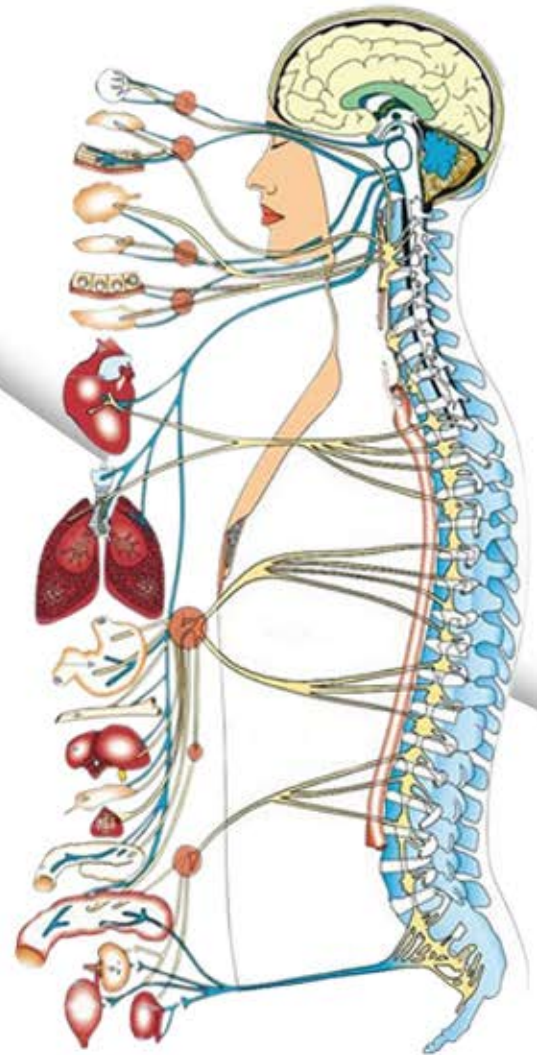
Note: 1 in every 10-15 families will have 1 or more child or adult who has scoliosis. Half of most other families will demonstrate signs of spinal misalignments that are responsible for headaches, neck and back pains, upper and lower extremity pain or numbness.

## POSTURE SCREENINGS



## WHAT OPTIONS ARE AVAILABLE?

1. Simple posture exercises  
Use the accompanying home/work/school Flying Friend Posture Exercises, daily is best.
2. Personal fitness plan
  - a) 1' low back/hip deviation: running, swimming
  - b) 1' shoulder deviation: shoulder/ scapula focus
  - c) Both shoulder and hip: do all the above
3. Chiropractic spine evaluation
  - a) Call 888-CHIRO (24476) for appointment
  - b) Make online appointment:  
<https://www.chiropractic.com.ph/new-patient-center/>
4. Spinal x-rays if scoliosis or spine misalignments are suspected.



## CONNECTING THE DOTS IN NATURAL HEALTH

- Headache •Migraine •Vertigo •Sinus Pressure •Neck Stiffness/Pain Arm Numbness •Shoulder Pain •Asthma •Allergies •Mid/Back Pain •Scoliosis •Stomach Problems •Poor Immunity •Elimination Problems •Low Back Pain •Slipped Discs •Sciatica •Knee Pain •Hip/Leg/Foot Pain

Making an appointment today? click here!  
[WWW.CHIROPRACTIC.COM.PH/NEW-PATIENT-CENTER](http://WWW.CHIROPRACTIC.COM.PH/NEW-PATIENT-CENTER)

EXPERIENCE MABUHAY TODAY  
YOUR PAIN Relief AUTHORITY

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