

Exercise Workshop

Answer the following questionnaire and bring it back to your next chiropractic appointment to receive 1 attendance credit for a workshop!

1. Write the correct answer:

#1 Deficiency is _____.

#1 Toxicity is _____.

2. What are the three types of exercise?

1. _____

2. _____

3. _____

3. Name the 2 things to avoid when doing anaerobic exercise:

1. _____

2. _____

4. Answer True or False:

Crunches are the best exercise to shrink the abdominals _____

Increasing muscle mass also increases metabolism _____

5. Fill in the Blank

"Your body needs _____ to _____ hours for muscle to repair."

6. Name two of 5 Foundation exercises:

1. _____

2. _____

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