



ARE YOU ON THE PATH TO A HEALTHY LIFESTYLE?

Please check **Yes** or **No** for each of the following questions.

- | | | |
|---------------------------|--------------------------|--|
| <input type="radio"/> Yes | <input type="radio"/> No | 1. I do some sort of exercise at least 4 times a week. |
| <input type="radio"/> Yes | <input type="radio"/> No | 2. I stretch at least 4 times a week. |
| <input type="radio"/> Yes | <input type="radio"/> No | 3. I drink at least 8- 8oz glasses of water a day. |
| <input type="radio"/> Yes | <input type="radio"/> No | 4. I get the proper vitamins and nutrients daily. |
| <input type="radio"/> Yes | <input type="radio"/> No | 5. I practice proper posture at home and at work. |
| <input type="radio"/> Yes | <input type="radio"/> No | 6. My life is free of stress. |
| <input type="radio"/> Yes | <input type="radio"/> No | 7. Research shows that the spine should be checked regularly. Have you ever visited a chiropractor in your lifetime? |

If you answered no to question 7, please take our "Do I need my spine checked quiz" to find out if chiropractic may be able to help you.

**If you answered NO to any of the above questions
you may want to speak with your doctor about lifestyle changes that can
put you on the path to a healthier lifestyle.**

Gentle Chiropractic Care

Dr. Eric B. Lambert, DC - Chiropractic Physician