



Healing for the body.
Performance for *life*

Invest in your health— **be responsible.**

*USA Today recently reported that the average life expectancy in the United State has reached an all-time high of 78.8 years. What does that mean for us right now? It suggests we need to take care of ourselves mentally and physically which will enable us to live the quality of life we desire as we live longer than ever. Gone are the days when we could count on substantial health insurance benefits. Instead, we are finding higher deductibles and many of our medical expenses are coming directly out of our pockets. You can take charge of your own health by being pro-active. 2015 is your year — **be responsible.***

Set your intention, make a plan and recruit a team to help you create a new and better you!

The Back 2 Normal Team is ready to support your journey to optimal health. We believe that investing in your health and preserving your body through healthy practices and simple daily habits will give you a vital and active life now and more importantly, for many years to come. Let us help you invest in a healthier you by partnering with our health advocates, coaches and self-treatment specialists.

MEET OUR TEAM. *Health Advocates Who Make a Difference*

Physical Therapy *Lisa Chase* offers a blend of physical therapy and specialized wellness and injury prevention strategies to help keep your body in balance and performing at its best. Most people who seek treatment from a physical therapist are already in pain and have lost the ability to do activities they love. In 2015 we encourage you to take action and think about prevention to maximize a healthy and active lifestyle. The services and treatments we provide at Back 2 Normal are quite unique with a strong emphasis on education and prevention. Our primary goal is to detect the true cause of pain, identify injury risk, promote total body balance and overall wellness. Invest in a wellness consultation or injury risk assessment -- learn how to prevent injuries before they happen and strategies for long-lasting total body wellness.



Chiropractic Neurology *Dr. Tony Murray* offers chiropractic neurology, which integrates traditional chiropractic practices, functional neurology, neuro-ortho rehab, and nutrition in an effort to rehabilitate a wide range of musculoskeletal and neurological conditions. Through specialized techniques he can facilitate changes in the brain, spinal cord and nerves that control our musculoskeletal system to help maximize healing and overall performance. Even the slightest problem can render the body out of balance and create lasting health issues. Invest in an annual exam and periodic check-ups to maintain a healthy body and optimize your brain health.



Coaches Who Will Take You The Distance



Integrative Health Coaching *Megan Kahn* educates and shares a holistic approach to assist clients with diet and lifestyle changes that can impact overall health and sports performance. Through private sessions or workshops, health coaching can help you make lasting changes through dietary and lifestyle choices to promote long-term health, performance and energy. Like a coach of any team, a Health Coach helps create goals, directs a path, educates and motivates for achievement. Many of us think we're capable of doing these things ourselves; invest in an initial assessment or attend one of our workshops to learn simple strategies to manage nutrition and lifestyle habits for life.

Performance Coaching Our performance coaches each offer distinctive specialties to help meet individual needs and goals. Performance Coaching is for anyone at any stage in life who is ready to take it to the next level. Our mantra is: "If it doesn't challenge you, it doesn't change you". So whether you want to get in shape, restore your posture, sit still in meditation or MELT your pain away, these coaches will be with you every step of the way. Recruit our coaches by signing up for a class or private session to start your year off right.

Self Treatment Specialists Who Empower

MELT Technique and Posture Restoration *Jenna Dodge* will help you reach your fitness potential, restore your posture and rebalance your body through restorative techniques and lifestyle movements unlike anything you have experienced. By using MELT, a simple self-care technique, you will learn how to actively partake in decreasing stuck stress, rehydrating your connective tissue, enhancing body awareness and reducing chronic pain to keep you active and youthful. Take responsibility and become your own body worker by joining one of our MELT workshops or classes.



Pilates *Charlene Greene* and **Yoga and Meditation** *Jessica Needham* and *Rachel Miller* can assist you in opening the door to understanding your body better, enhancing both mental and physical body balance, healing injuries or strengthening the body and mind for greater performance and decreased pain.

These practices can play significant roles for your wellness in 2015. Reconnect with your body by connecting with one of our specialist. Classes and private sessions are offered regularly and are terrific for both the experienced practitioner and the beginner.



2015 is an excellent time to start something new and invest in your long-term health. Accountability is the key to being responsible and Back 2 Normal is ready to aid you in your journey. Check out our website for classes and offers and make sure to "like" us on Facebook so you get the most up to date information on all of the exciting and positive things happening at our studio. Remember, Back 2 Normal is all about "Healing for the body...Performance for life", so what are you waiting for, recruit our team today!

