



OSTEOBALANCE

A proactive approach to your recovery

KEEP ACTIVE CHECKLIST

1. Consult your Osteopath to see what works best for your individual circumstances
2. Plan out your day to see when you have time for exercise and stretching
3. Create reminders and alarms on your phone for that will remind you to keep active
4. Tell your friends and co-workers about your new regime to help them keep you accountable
5. Make sure to have a follow-up appointment with your favourite Osteopath to track your progress