



PAUSE. NOTICE. GIVE THANKS.

Gratitude changes
everything.

Grateful for the body that carries you

Thanksgiving invites us to appreciate what is already supporting us — including our health. Your body adapts, heals, and helps you move through each day. This month, celebrate every bit of progress: a comfortable walk, a nourishing meal, a full night of rest, or the choice to care for yourself. Gratitude is not about perfect health; it is about noticing what is working and taking the next kind step forward.

5 WAYS TO BUILD BETTER HEALTH HABITS

Before the Holidays



1

CHOOSE ONE ANCHOR HABIT

Link one small action to something you already do: stretch after brushing your teeth, take a short walk after lunch, or fill your water bottle before coffee.



2

MAKE MOVEMENT EASY TO REPEAT

Aim for consistency, not intensity. Put 10-minute movement breaks on your calendar and keep comfortable shoes or a resistance band where you will see them.



3

PLAN YOUR PLATE — AND ENJOY IT

Build meals around protein, colorful produce, and fiber, then make room for favorite holiday foods. Eat slowly and check in with hunger and fullness.



4

PROTECT SLEEP AND RECOVERY

Keep a steady wake time when possible, dim screens before bed, and use brief breathing or gentle mobility to help your body shift into rest.



5

PREPARE FOR THE BUSY DAYS

Decide your minimum: perhaps a 10-minute walk, regular hydration, or five minutes of stretching. A smaller habit still counts and keeps momentum alive.



A GRATEFUL GOAL FOR NOVEMBER

MY HOLIDAY HEALTH PLAN

One habit I will protect:

One person who can support me:

One win I will celebrate:

SMALL STEPS,
STEADY PROGRESS,
MORE TO BE THANKFUL FOR.

WE'RE GRATEFUL FOR YOU

Thank you for trusting Ally Spine Center as part of your health journey. May your season be filled with comfortable movement, meaningful connection, and moments of joy.

Happy Thanksgiving

YOUR BODY DESERVES
CARE TOO

As the holidays approach, remember to make time for movement, rest, and the things that help you feel your best!

SCHEDULE YOUR NEXT VISIT



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