

Chiropractic Active Life Plan Explanation Sheet

Chiropractic Active Life Plans are designed to help you and your families reach optimum health *now*, and over the course of your lifetime. Too many people wait until their health fails before they make it a priority and are paying very heavy prices for this, “if it ain’t broke don’t fix it” attitude.

The fastest segment of our population today is centenarians. These are people that are 100 years old. Currently there are **70,000 people over the age of 100**. With the baby boom generation maturing over the next 50 years, the U.S. Census Bureau expects the number of centenarians to climb to **over 4.2 million by the year 2050**.

The chances of you reaching this milestone are increasing every day. The question is, “what will your health be like when you get there?” Do you think the health choices you make today will impact the quality of life in your future? Of course they will.

One of the most common comments heard by seniors is, “If I knew I was going to live this long, I would have taken better care of myself.” We are getting this advance notice that our parents and grandparents didn’t receive. What will you do with this information?

Chiropractic Active Life Plans Will help you achieve the quality of life you deserve!

There are 3 types of Chiropractic Active Life Plans You and Your Family Can Enjoy

☐ Corrective Adjustment Plans (CAP):

Corrective Adjustment Plans are designed for you if you are currently experiencing pain, sickness, dis-ease, spinal subluxation degeneration, or health problems of any kind. The CAP Plan is designed to help you feel healthy again as quickly as possible and to stabilize your spine.

This occurs with frequent chiropractic adjustments, usually three times per week, over a short period of time lasting 2 to 8 weeks. Dynamic exams are performed every 12 visits to determine how your body is healing and your spine is correcting and stabilizing.

Once your spine is stabilized, your adjustment frequency will gradually decrease, going from 2 times a week to once a week over the course of the coming months. As your Corrective Adjustment Plan winds down, our chiropractic team will discuss your Wellness Adjustment Plan with you so you can continue to remain healthy and active over the course of your life.

☐ Wellness Adjustment Plans (WAP)

If you have already completed your Corrective Adjustment Plan with our office or another chiropractor, or you are extraordinarily healthy and have no spinal subluxation degeneration, you can go right onto a WAP to help you achieve and maintain optimum health.

WAP’s consist of weekly to monthly adjustments (depending on the condition of your spine) and your long-term health goals. The more active you are, and the more active and healthy you want to be over the course of your life, the more you will value and appreciate your WAP.

☐ Family Adjustment Plans (FAP)

The more you spend time in our office, the more you will see generations of families on Chiropractic Active Life Plans, enjoying the benefits of the chiropractic lifestyle. As you learn about the benefits of chiropractic care, you too will want your entire family participating in chiropractic care.

Our FAP’s are designed to make family care affordable so that everyone can enjoy the good health, activity, and peak performance that chiropractic care provides.

At your Chiropractic Report, we will discuss with you which Chiropractic Active Life Plan you are eligible for so that you can reach all your health objectives.

Congratulations on participating in chiropractic care, with your family. We look forward to helping achieve all your health goals over the course of your lifetime.

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