

The Wellness Benefits of Care

Activities Of Enjoyment

Activities Of Daily Living

Athletic Performance

Balance

Blood Pressure

Breathing Measurements

Decreased Stress

Fewer Colds

Increased Flexibility

Increased Range of Motion

Improved Digestion

Improved Posture

Improved Sleep Patterns

Increased Energy

Neurological Test Improvements

Orthopedic Test Improvements

Pulse

Respiration Rate

Strength

Prevention of Surgery

Weight Loss BMI

Mental Clarity

Attitude Improvement