



# the SPINAL COLUMN

## clinic news

Access Chiropractic and Wellness won PLATINUM top honours in the most recent Community Votes Awards! Thank you for your ongoing and continued support! We are so happy to be able to serve you and your families these last 23 years!

## excellent FREE exercise apps

Kids are back to school. You're ready to burn off the summer beverages and bbq. You're ready to get back to routine. Try these apps!



**Nike Training Club** is an awesome exercise app that I used for years before I switched over to the paid Apple Fitness app. This app has a HUGE exercise library varying in different lengths, muscle groups, and fitness levels. You can also choose 'no weights' which only uses your body weight.



**30 Days AB workout** is such a basic but great exercise app. This app has a 30 day calendar which directs you to increase your ab reps. Sit-ups, crunches, leg raises, and planks test your core. Break days are built in and you cannot move on until you finish your ab day. Just remember: research shows you do not need to do more than a 30 second plank for maximal abdominal workout!



**Caliber** is a fantastic free exercise app because it offers personalized workout plans tailored to your goals, whether you're looking to build muscle, lose weight, or improve overall fitness. The app provides expert coaching, clear video demonstrations, and progress tracking, making it easy to stay motivated and accountable.

## 'everything but the kitchen sink' instant pot vegetable soup

Maybe you have a bunch of vegetables in your fridge that need to be 'taken care of?' This vegetable soup recipe is so good, easy, and healthy for you that you simply MUST make it. And since it's in the INSTANT pot it takes no time at all! Pick and choose what vegetables you want to use or use them all. That's the beauty of this recipe! Enjoy!

### ingredients

1 zucchini chopped	8 cups vegetable stock
1 carrot chopped	1 Tbsp oregano
2 garlic cloves minced	1 tsp each pepper, salt
1 bell pepper chopped	1 cup orzo pasta
2 celery stalks chopped	handful cherry tomatoes (10-15)
½ onion chopped	

### instructions

Put instant pot on saute. Add 1-2 Tbsps oil and briefly fry garlic, onions, and mushrooms (1 minute). Turn off instant pot. Add remainder of ingredients including orzo pasta. Seal instant pot and turn to HIGH PRESSURE for 0 minutes! Once it beeps release steam immediately. Serve and grate parmesan cheese over top and ENJOY!

