

Raising Resilient Kids: The Family Wellness Blueprint

Simple habits for strong, happy, thriving kids.



“Wellness that grows with your family.”

Vitalise Chiropractic

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Hi, I'm Dr. Christina —
chiropractor, mama, and
founder of Vitalise
Chiropractic in Virginia
Beach.



At Vitalise, we believe wellness is something we *build together* as a family. Your kids' health isn't just about avoiding sickness — it's about creating strong foundations for a lifetime of growth, adaptability, and joy.

This guide will walk you through the five pillars of family wellness and show how chiropractic care can support your child's body and nervous system as they grow.

With love,

Dr. Christina Lowenthal, D.C.

Vitalise Chiropractic

The 5 Pillars of Family Wellness



These simple daily practices build a healthy foundation for your family's well-being:

1. **Movement:** Encourage daily play, nature walks, or stretching together.
2. **Nutrition:** Focus on whole, colorful foods that fuel focus and energy.
3. **Posture:** Teach screen-time posture and mindful sitting early.
4. **Sleep:** Create calm, consistent bedtime routines for the whole family.
5. **Mindset:** Practice gratitude or “family check-ins” to strengthen connection.

“Healthy habits don’t just happen — they’re modeled.”

How Chiropractic Fits In

Your child's nervous system controls everything — from movement to mood to immune response.

Regular adjustments can:

- Support better focus, mood, and behavior
 - Improve posture and coordination
 - Help with sleep and digestion
 - Boost immune function
- Encourage resilience to everyday stress



Everyday Wellness at Home



Make wellness simple and fun:

- 5-minute morning stretch as a family
- Gratitude share around the dinner table
- Family posture check (everyone stands tall!)
- Tech-free Sunday walk or playtime outdoors

Family Routine Blueprint

Create a routine that fits your family’s flow:

Wellness Habit	Daily	Weekly	Monthly
Movement	☐	☐	☐
Family Meals Together	☐	☐	☐
Family Adjustment Visit	☐	☐	☐
Gratitude Practice	☐	☐	☐
Nature or Play Day	☐	☐	☐

“What you do consistently matters more than what you do perfectly.”

Family Affirmations

Use these affirmations at home to build resilience and confidence:

- “Our family chooses balance, not busy.”
 - “We grow stronger together.”
 - “Our health is worth prioritizing.”
- “Every day, we move, rest, and connect.”



Book Your Family Adjustment Day

When your whole family's nervous systems are aligned, life just feels smoother.

From better sleep to fewer meltdowns to happier mornings — chiropractic helps your family thrive together.



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