



VITALISE CHIROPRACTIC
PRESENTS

The Pilates Body Check-In

A WELLNESS GUIDE FOR
WOMEN WHO MOVE

MOBILITY • POSTURE • CORE • RECOVERY



WHAT IS YOUR BODY TELLING YOU?

Pilates teaches us to pay attention to our bodies.

So...what are you noticing? ♥



"My low back always feels tight."

Your low back shouldn't have to do all the work. Limited hip mobility, prolonged sitting, movement habits, and the way your core coordinates during exercise can all influence how your back feels.



"One side is harder than the other."

A little asymmetry is normal, but consistently struggling on the same side may be worth paying attention to.



"My shoulders keep creeping toward my ears."

Hello, upper-body tension! Stress, breathing patterns, computer work, phones, and everyday posture can all contribute.



"My hip flexors take over EVERYTHING."

Your hip flexors are supposed to work—but they shouldn't feel like they're running the whole show. Pay attention to how your core, glutes, hips, and breathing are working together.



"I feel great—I want to KEEP feeling great!"

You don't have to wait until something hurts to take care of your body.

Wellness is about helping your body continue doing the things you love. !



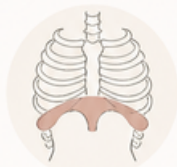
AWARENESS IS THE FIRST STEP TOWARD MOVING BETTER.



CORE STRENGTH IS MORE THAN ABS

When you hear “engage your core,” what do you think about? Probably your abs.

But your core is a coordinated system that includes your:



1

DIAPHRAGM

Helps regulate pressure through breathing.



2

ABDOMINAL MUSCLES

Provide support and control.



3

DEEP SPINAL STABILIZERS

Help support and control your spine during movement.



4

PELVIC FLOOR

Works with your breathing and abdominal muscles to manage pressure and provide support.



Rather than simply “sucking in” your stomach, think about creating **360° support** around your trunk while continuing to breathe.



try this



Place your hands around the sides of your lower ribs.



Take a slow breath in.

Can you feel your ribs expand into your hands—not just your belly moving forward?



Slowly exhale and gently feel your abdominal wall engage.



Repeat for 3–5 breaths.

Breathing + control + movement = a stronger foundation. ♥



YOUR 5-MINUTE POST-PILATES RESET

Before rushing back to your car, work, kids, or the rest of your day, give your body five minutes.

Recovery is part of movement too. ♥



5 MINUTES
FOR YOU.

*Your body
will thank you.*

1



BREATHE

Take 3–5 slow breaths, allowing your ribs to expand in all directions.



*Slow down.
Fill your
body with
fresh air.*

2



OPEN YOUR CHEST

Gently bring your shoulders back and down. Hold for 20–30 seconds while breathing comfortably.



*Open up
space for
better
breathing.*

3



ROTATE

Sitting or standing tall, gently rotate your upper body to the right. Return to center. Rotate left. Repeat 3 times each direction.



*Keep it
gentle and
controlled.*

4



GIVE YOUR HIPS SOME LOVE

Move into a comfortable hip-flexor stretch. Hold 20–30 seconds per side. You should feel a gentle stretch—not pain.



*Happy hips
= better
movement.*

5



WALK + HYDRATE

A few minutes of easy movement and some water can be a simple way to transition out of your workout.



*Small habits
make a big
difference.*



YOUR WORKOUT DOESN'T END WHEN CLASS ENDS.

Recovery is part of the results.





WHAT HAPPENS DURING THE *other 23 hours?*

You just spent an hour intentionally moving your body. Amazing.

But what happens during the rest of your day matters too.



THINK ABOUT HOW MUCH TIME YOU SPEND:



Looking down
at your phone



Sitting at a
computer



Driving



Carrying a purse
or bag on
one side



Holding or
carrying
children



Sitting on
the couch



Sleeping in the
same position

YOUR BEST POSTURE IS OFTEN YOUR NEXT POSTURE.

Instead of trying to sit or stand "perfectly" all day, focus on changing positions and moving regularly.



*Movement
THROUGHOUT
YOUR DAY
is key.*

TRY THESE SIMPLE STRATEGIES:



Get up
periodically
during long
periods of
sitting.



Alternate
which side
you carry
your bag on.



Bring your
phone closer
to eye level.



Take short
movement
breaks.



Incorporate
regular
strength and
mobility work.

And yes...
Keep doing Pilates!

Small daily habits outside of the studio can support the strength, mobility, and results you're building inside of it.



THE MORE YOU MOVE WELL, THE BETTER YOU FEEL—
IN YOUR WORKOUTS AND IN YOUR LIFE.





WOMEN'S BODIES MOVE THROUGH *Different Seasons* ♥

YOUR BODY'S NEEDS AREN'T
ALWAYS GOING TO LOOK THE SAME.

Pregnancy. Postpartum. Motherhood. Busy careers.
Exercise and training. Hormonal transitions.
Different seasons can bring different physical demands.



YOUR BODY GOES THROUGH MANY SEASONS:



PREGNANCY

Your center of gravity shifts, ligaments relax, and your body supports new life.



POSTPARTUM

Your core and pelvic floor recover, and your body adapts to a whole new rhythm.



MOTHERHOOD

Carrying little ones, feeding positions, interrupted sleep, and constant movement take a toll.



WORK & LIFE

Long hours sitting, stress, screen time, and repetitive tasks impact how your body feels.



STRENGTH & TRAINING

Whether you're building strength, improving mobility, or trying something new—your body adapts.



YOUR WELLNESS ROUTINE *can change with you.* ♥



Movement



Strength
Training



Nutrition



Sleep



Stress
Management



Appropriate
Healthcare

All of these are pieces of the bigger wellness picture.

You don't have to wait for pain to start paying attention to your body.



YOU DESERVE TO FEEL STRONG,
MOBILE, AND CAPABLE IN EVERY
season of life. ♥

“

*Honor where you are today,
and celebrate how far
you've come.*



BE KIND TO YOUR BODY. IT CARRIES YOU THROUGH EVERYTHING.

You're doing amazing. ♥



YOUR BODY CHECK-IN

Take a moment and check in with yourself. ♥

Awareness is the first step toward moving better.



HOW MANY OF THESE SOUND FAMILIAR?

- ☐  One side feels noticeably tighter than the other.
- ☐  My low back frequently feels tight during or after exercise.
- ☐  My neck and shoulders carry a lot of tension.
- ☐  My hip flexors tend to take over during core exercises.
- ☐  I sit for long periods during my day.
- ☐  I regularly feel like I need to stretch the same area.
- ☐  I have difficulty comfortably rotating to one side.
- ☐  I notice my posture changing throughout the day.
- ☐  Pregnancy or postpartum has changed how my body feels or moves.
- ☐  I feel good and want to be proactive about maintaining my mobility.

This isn't a diagnosis.



It's simply an opportunity to become more aware of what your body is telling you.

Awareness is the first step toward moving better. ♥



TAKE A MOMENT TO REFLECT:

What is one area you'd like to focus on improving or supporting?

You know your body best. ♥

KEEP LISTENING. KEEP MOVING. KEEP TAKING CARE OF YOU.





Where Does CHIROPRACTIC FIT? ♥

Pilates and chiropractic care have different roles—but they can beautifully complement an active lifestyle.

Two powerful approaches.

One goal: a body that moves well. ♥



PILATES HELPS YOU DEVELOP:



Strength



Control



Stability



Body
Awareness



Pilates builds the foundation.
You learn how to move with purpose.

CHIROPRACTIC CARE FOCUSES ON:



Spinal
Alignment



Joint
Mobility



Nervous System
Function



Physical
Wellness

Chiropractic care **supports** how your
body functions so you can keep doing
what you love.



AT VITALISE CHIROPRACTIC,

care is individualized because every body, lifestyle, and goal is different.

We take the time to understand you, your story, and your goals
so we can create a customized plan to help you move, feel, and live better.



• WHETHER YOU ARE: •



Working on
your posture



Staying
active



Pregnant or
postpartum



Dealing with
recurring tension



Trying to improve
your overall
wellness



Or simply wanting
to keep doing the
activities you love

...we're here to support you. ♥



CURIOUS ABOUT WHAT
YOUR BODY IS DOING?

*Stop by for your complimentary
posture screening today!*

WHERE WELLNESS &
vitalise
CHIROPRACTIC
... • • •

Let's Connect ♥

☎ 757-937-0273

📍 vitalisechiropractic

📍 Virginia Beach, VA



*Scan to schedule
your complimentary
posture screening!*



YOUR BODY WAS DESIGNED TO MOVE—
LET'S HELP IT THRIVE.





MOVE WELL. LIVE WELL.

We're here to help. ♥

Chiropractic care supports your body's natural ability to move, function, and heal—so you can keep doing what you love.



YOU DESERVE TO FEEL:



STRONG



BALANCED



ALIGNED



SUPPORTED

Let's work together to support your body, your goals, and your life.

*Your body was designed to move.
Let's help it thrive. ♥*



vitalise

CHIROPRACTIC
WHERE WELLNESS AND
FAMILY COME TOGETHER.



Our Approach



We take the time to listen, evaluate, and create a personalized plan that meets you where you are and helps you move forward.



Thank You

for investing in your health
and prioritizing your wellness.
It's an honor to be part of
your journey.



REFER A FRIEND YOU'LL BOTH BENEFIT!

Ask us how you can share the
gift of wellness with someone
you care about.



Let's Connect



☎ 757-937-0273
🌐 vitalisechiropractic.com
📍 Virginia Beach, VA
📷 [vitalisechiropractic](https://www.instagram.com/vitalisechiropractic)

*Schedule your complimentary
posture screening!*



YOU DON'T HAVE TO DO IT ALONE.
We're here to support you every step of the way.

