



# MOVEMENT

## *is medicine*

*by Dr. Paige Frenette*

**P**reventative wellness is slowly becoming the new normal in healthcare. As healthcare and insurance costs rise, an opportunity for creative new solutions is emerging. Accompanied by the recent push for patient-centered care, preventative wellness is finding its way to the forefront of health. Preventative wellness is about looking forward and asking, “What things can I implement now that may positively impact my health outcomes in the future?” This practice helps you take an active role in your

health outcomes, empowering you to set goals and make changes that positively affect the health of your future self.

As a chiropractor, I feel it is my responsibility to participate in the movement of preventative wellness. I value patient empowerment and self-efficacy through education, and I believe in equipping patients with the tools they need to stay healthy. Movement and exercise are great options for making healthy changes that can prevent unfavorable health outcomes down the road. I am passionate about inviting people to take an active role in their health.

Exercise and movement are two aspects of health for which chiropractors are known for advocating. Research shows us the many positive outcomes of exercise that can prevent future issues. Regular exercise can help lower the risk of developing low back pain down the road.<sup>1</sup> It can also help lower your risk for mental health disorders.<sup>2</sup> Exercise is an extremely important part of our lives and should be a part of our daily routines.

How can exercise easily be incorporated into your everyday life? I recommend walking plans. Walking plans can be a great treatment goal, as well as a great treatment plan! Thirty-

minute walks can help you increase your daily steps, burn more calories, boost your mood, and increase your cardiovascular fitness. As you progress, try challenging yourself to longer times, more difficult inclines, or an increased pace. Moving your body is so important, and walking is an accessible, manageable way to incorporate movement into your daily routine.

In addition to walking, resistance exercises are incredibly important. Resistance exercises include any type of movement with a form of resistance, such as a band, a dumbbell, a weight machine, or even a can of soup. Resistance movements can help prevent spinal and lower back pain, increase bone density, and decrease the risk of developing osteoporosis. Resistance training can also increase your metabolic rate and help you gain muscle and burn fat more efficiently.<sup>3</sup> Resistance exercises are so important to your health and wellness but can be an intimidating thing to jump into without experience. Finding a trusted, knowledgeable person to help you develop a plan would be a good place to start. I would love to assist you in getting started and am always willing to set up a free consultation to discuss your goals.

Chiropractic care is another great method of preventative care. Chiropractic care is an important reactive treatment for when pain or injuries occur, but many people do not know that it can be utilized for preventative wellness as well. Chiropractic wellness care entails neuromuscular screening that can help you identify areas in your body that can be strengthened and balanced to help prevent injury down the road. Our multifaceted approach at Kaufman Wellness Center, Ltd. can help you reach

wellness goals, and we cater our care to your specific goals. Chiropractic care can also help teach you body awareness and how to set healthy habits to keep you moving often and well. Research shows that the most effective way to use exercise as a prevention for developing low back pain is to follow a personalized, supervised exercise plan.<sup>4</sup> We would love to help you develop a movement plan that works for you and teach you how to move your body in a way that is effective for reaching your goals.

If you are looking for some movement inspiration, you can follow along with my Movement is Medicine Monday on Instagram [@kaufmanwellnesscenter](https://www.instagram.com/kaufmanwellnesscenter). Together, my fellow staff members and I share quick and easy movements and exercises to help you get into a routine. Committing to each movement for the week is a great way to challenge yourself. These small changes might seem simple, but they can have a huge impact!

How we move our bodies is so important to our overall health. As we enter this season of sunshine and warmth, may we all be energized to make choices that help us become the best versions of ourselves!

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2. Smith PJ, Merwin RM. The Role of Exercise in Management of Mental Health Disorders: An Integrative Review. *Annu Rev Med*. 2021;72:45-62. doi:10.1146/annurev-med-060619-022943
3. Westcott WL. Resistance training is medicine: effects of strength training on health. *Curr Sports Med Rep*. 2012;11(4):209-216. doi:10.1249/JSR.0b013e31825dabb8
4. Steffens D, Maher CG, Pereira LS, et al. Prevention of Low Back Pain: A Systematic Review and Meta-analysis. *JAMA Intern Med*. 2016;176(2):199-208. doi:10.1001/jamainternmed.2015.7431



Dr. Frenette graduated with her Bachelor's degree in Athletic Training from Hope College with experience serving high school and college athletes as well as professional dancers. She then graduated from Palmer College of Chiropractic with her Doctorate of Chiropractic. Dr. Frenette works as a chiropractor at Kaufman Wellness Center in Peoria, IL and as an athletic trainer at Metamora Township High School. Dr. Frenette is passionate about serving athletic populations as well as providing support for women throughout pregnancy and postpartum. Her goal is to take the guesswork out of pain, empower people to reach their goals, and invite them to take an active role in their health.

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