

Manhattan Park District's **GO HEALTHY CHALLENGE!**

On Saturday October 4th from 1-4pm Dr. Hoch and staff took part in the Manhattan Park District's **GO HEALTHY CHALLENGE**.

It was a one-day event designed to make children, parents, and families in and around the community aware of childhood obesity. The event promoted everyday play as a form of exercise. Dr. Hoch had the opportunity to teach children about spinal health using a variety of tools including games and visual aids.





Dr. Hoch performs a posture check on children at the challenge.



She explains the importance of good posture and spinal alignment, and how poor alignment can negatively affect how well the nervous system functions.





Dr. Hoch and staff demonstrate through different games at the "Go Healthy Challenge" that explain how the nervous system works with all the other systems.



Game 1! Dr. Hoch and Jill teach the importance of having a healthy nervous system free of subluxations. The line of children easily pass the ball from one to another simulating healthy nerve flow from the brain to each and every part of the body. Dr. Hoch then asked one of the children to turn around, representing a subluxation, thus slowing the flow and causing miscommunication between each child representing a part of the body.



Game 2! Each child represents a major system of the body such as the digestive, immune, respiratory, or circulatory system. Jill is the nervous system and ultimately responsible for controlling all systems of the body. The communication is represented by a small rubber ball passing between Jill and the children. Dr. Hoch lurks around as a pesky subluxation waiting to interrupt the communication between Nervous System Jill and each major system of the body.