

MODESTO LIVING GUIDE

VALLEY AIR & ALLERGY SEASON

Breathe easier in the Valley.

Simple ways to keep moving, sitting and sleeping well on smoke days, fog days and high-pollen days here in the Central Valley.

Start here → Bookmark airnow.gov and check it before you head outside.

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How to read the AQI and plan your day

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Bedroom and bedtime tips

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Red flags for breathing

General education only. Not a diagnosis or a treatment plan for you.
JOSEPH FAIR CHIROPRACTIC · 1421 STANDIFORD AVE, SUITE B, MODESTO, CA 95350 · (209) 521-1122 · INFO@JOSEPHFAIRCHIROPRACTIC.COM

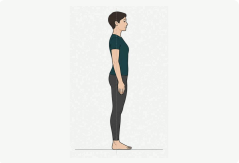
INDOOR ROUTINE · ABOUT 10 MINUTES

Bad-air day stretch routine

When the AQI is high from smoke, fog or pollen, keep your body moving inside. Go slow, breathe through your nose, and keep effort easy.

STOP RULE: READ FIRST

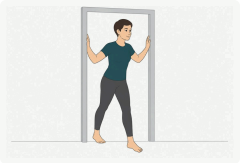
These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.



01 Tall Stand + Slow Breath

RIBS + POSTURE · **5 BREATHS**

Stand tall, shoulders relaxed. Breathe in through your nose for 4, out slowly for 6. Let your ribs widen.



02 Doorway Chest Opener

CHEST + SHOULDERS · **3 × 20 SEC**

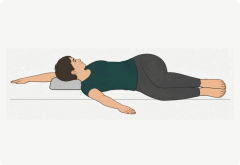
Forearms on the door frame, step through gently until you feel a light stretch. Keep breathing.



03 Seated Upper-Back Lift

MID-BACK · **5 × 3-SEC HOLD**

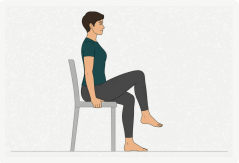
Hands behind your head, sit tall and lift your chest gently toward the ceiling. Small motion.



04 Open Book

UPPER BACK + RIBS · **6 EACH SIDE**

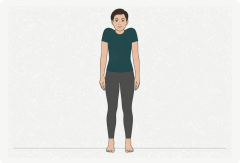
Lie on your side, knees bent. Open your top arm like a book and breathe into the ribs.



05 Seated March

HIPS + CIRCULATION · **1 MINUTE**

Sit tall near the front of a chair and march easy. A good way to keep moving indoors.



06 Shoulder Rolls

NECK + SHOULDERS · **10 SLOW ROLLS**

Lift your shoulders up, roll them back and down. Breathe out as they drop.

PLAN BY THE AIR

Green/Yellow: normal walk. **Orange:** shorter, easier, or move it inside if you're sensitive. **Red or worse:** stay in, close windows, run a HEPA filter if you have one, and use this routine.

SMALL HABITS THAT HELP

Shower and change after time outside on high-pollen days. Keep car windows up and the air on recirculate. Drink water through the day.

Get medical care right away if you have

- Trouble breathing, or wheezing that doesn't settle
- Chest pain or tightness
- Lips or fingertips turning bluish
- Confusion, or feeling faint
- Asthma or COPD symptoms not helped by your usual plan from your doctor
- A cough with fever that won't go away

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