

The Apex Advantage

Upcoming Events:

JULY 3RD
All Clinics
CLOSED

JULY 4TH
Happy
INDEPENDENCE
Day!

July is a time to soak up summer—whether you're spending weekends at the lake, traveling, tackling home projects, or making memories with family and friends. It's also a great reminder to listen to your body and make your health a priority, so you can enjoy every moment the season has to offer.

At Apex, we believe that staying active starts with moving well. Inside this month's newsletter, you'll find tips, resources, and expert advice to help you prevent injuries, recover faster, and keep doing the things you love all summer long.



CRAYONS FOR A CAUSE

Apex is collecting 24-count crayon boxes for the United Way School Supply Drive. Drop new crayon boxes in the bin or donate \$1/box at any of our Fargo area Apex locations.

Our goal is 2000 boxes!



SCAN TO PURCHASE ON AMAZON & SEND DIRECTLY TO US!

Small Moments, Big Memories: Staying Active as a Family This Summer

Summer in North Dakota goes by fast, so make the most of every sunny day! Discover simple, fun ways to keep your family moving—from evening walks and playground adventures to backyard games everyone can enjoy. Read Beth Prashek's blog for easy ideas to stay active, make memories, and enjoy every moment of summer together.



Enjoy the Lake, Not the Aches

A fun day at the lake shouldn't leave you sidelined with aches and pains. In this month's blog, Kyle Blumenshine explains why activities like boating, tubing, and lifting coolers can lead to back, shoulder, and knee discomfort—and shares simple tips to help you stay active and pain-free all summer long.



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- Order vitamins, supplements and more online
- Setup recurring orders for your go-to items
- Get free shipping on orders \$79+
 - \$10 flat shipping fee for orders under \$79
- Available to Everyone

July 16th
ONE-DAY SALE
Additional 5% off
NutriDyn
products
IN-CLINIC & ONLINE

