

THE SOURCE

A VERO NEWSLETTER



TRULY FUN FACTS ABOUT YOUR BACK

Fun Fact #1: You have the same number of vertebrae in your neck as a giraffe

Fun Fact #2: You're taller in the morning

Fun Fact #3: Babies have more vertebrae than adults

Fun Fact #4: Each day, 1 million adjustments take place

Fun Fact #5: All 32 NFL teams have their own chiropractor to boost performance and maintain wellness

Our best giveaway yet

We have five amazing prizes ready for five amazing practice members to win this fall! You have the entire month of October to get in on the action and potentially win one of the following prizes. We will pick our winners on November 8th!



\$300 Vero gift card for adjustments, exams, and X-rays!



Two tickets to the Iowa State Vs. West Virginia football game at Jack Trice Stadium on November 5th.



Gift basket stuffed with a West Des Moines Food Tour.



Free 3 month gym membership at Apex Active in DSM.



Free 58- inch smart TV.

You also have three ways to earn an entry ticket for our giveaway: 1) Give Vero a Google review for three tickets; and 2) Vote for Vero Health Center for Best of the Best, #201 and #205. 3) Have multiple devices?! Bring us a screenshot. Let our front desk team know when you've completed one (or all!) of these tasks to get your ticket(s)!



WELCOME APEX ACTIVE

Apex Active is one of our Preferred Partners; their gym is located at **4549 Fleur Dr. DSM, IA.** What they believe in lines up with our core values! They come into Vero every week so that they can be feeling their best! We are proud to be able to help them improve their wellness so they can help others be their best in the gym.

Apex Active is a "new" 24-hour gym on the south side of Des Moines. Frankie and Thomas came in as owners after the Aspen chain was bought out without this location. Frankie frequently worked out at the gym until the owner approached him about purchasing the business. Thomas and Frankie always had the dream of having their own gym for their personal training. Thanks to them, the gym has been renovated with a completely new look AND feel! They went above and beyond from a new color scheme to new equipment, all to help get those up and active. They care for every single gym member and want to help them!



Members can come workout at ANY point of the year, day, or night! They offer affordable memberships, no lock-in contracts or unnecessary fees, and they promise there isn't a cleaner facility around! Maverick (Frankie's dog) will also personally greet you with a smile when you walk in! Apex is also offering 25% off to all Vero practice members! Make sure you check them out at <http://apexactivefleur.com>!



MEET FRANKIE AND THOMAS

Frankie was born and raised on the south side of Des Moines and Thomas is from Fort Dodge. Although they played multiple sports growing up, both of them had a passion for baseball. While at the University of Iowa, both joined a club baseball team and developed a friendship that has turned them into business partners! They both like to spend their free time golfing, exercising, and being with family and friends!

As the owners of Apex Active, you can find them trying to help others with their fitness! Make sure to say hi to them if you see them at Vero or in the gym!

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LEAVE A REVIEW

