

# Wellness Newsletter



January 2021

## Happy & Healthy 2021!

We are excited for the healthier New Year ahead of you. Our goal each and every day is to continue to improve our service to you and to help you accomplish the health goals you have set for yourself. If you haven't set your health goals yet, now is the time. Ask yourself: Are you happy with your physical condition or where your health has headed in the last few years? Are you in fact healthier now than you were last year at this time? Do you want to actually be healthy instead of just dropping a few pounds to look good?

If so, *Congratulations!* If not, time to evaluate and make changes. Where would you like your health to be next year at this time? The good news is, it's never too late, no matter how shaky your current health status may seem. You can't start from where you hope or thought you would be- the only place you can start from is where you are.

Our wellness team is geared up and excited to help you in every way possible. We will help you address what health concerns come up in you and your family's world. Those of you who fully engage by communicating your wants and needs and doing those proper things that need to be done (YES, you CAN workout everyday!!) you will be assured a healthier life!

We are grateful for the opportunity to serve you, and we take our position seriously- but we can't want your success of improved, abundant health more than you do. You must be willing to do what it takes- make the necessary changes and commit to a new wellness approach of ***move well, eat well, think well!*** You will be amazed and drawn forward to improve your quality of life, physically, mentally and spiritually!

**In order to make lasting changes in your health, you MUST raise your standards, change your habits and beliefs and implement winning strategies.** Our office is skilled to help you- To notice where you need to invest, so you can expect better performance from yourself- To notice where your beliefs of health and wellness support your objectives and where they do not so you can make the necessary changes- and finally, to develop and apply time-tested methods to improve your health, so you too can tap into the abundance of an improved, healthier life!

Make this your happiest, healthiest year yet, filled with happiness, satisfaction and fulfillment and share yourself with more people- it's the greatest gift you can give.

**Please utilize us as your wellness coaches to help you in all aspects pertaining to health so that you can live your life to your healthiest and fullest potential, each and every day.**

# Staying Active Through Winter

If the winter weather prevents you from getting outside, make your time inside count! There are many ways to get physical activity indoors—no gym required. Hand weights or resistance bands are a great addition, but not necessary.

Try these indoor activities:

- Home workouts (like the 30 day fitness challenge!)
- Dancing
- Active housework like vacuuming and sweeping
- Mall walking
- Bowling
- Roller skating
- Yoga or other fun group classes at your local gym, studio, or community center.



## More About: Attitude of Gratitude

**Write down** what you are thankful for. **Start out simple**, and add to your list when things comes to mind. **Talking about it** reinforces your feelings.

**Make it a habit!** Express who means what to you. **Write notes** to those who are important to you. If you want to **be thankful**, surround yourself with people with that characteristic.



## Why Should You See your Chiropractor *Especially* During the Winter?

Winter is a season when many individuals experience health issues that can make everyday life rough. Whether a cold or skiing injury, many people find their overall health compromised at some point during winter. Thankfully, chiropractic care can help keep you healthy during winter.

1. Combat the pesky cold
2. Prevents seasonal depression
3. Stops your body from getting stiff, by keeping it aligned properly.
4. Reduce body pain from factors like joint restriction
5. Minimize injuries