

Health Update

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Get Back to Healthy Habits



As the summer season winds down and the kids head back to school, it's time to get back into our routines. Summer is a great time to be out and about—working in the garden, swimming, taking long walks at night while it's still light. It's much easier to be active during the summer. So, many get more exercise.

In the summer, we eat lighter and leaner. Fruits and vegetables abound and it's quick and easy to grill some lean meat. We're on-the-go more often, so there's not as much tendency to indulge in snacks and comfort food (except for ice cream of course!).

Now that many of us will be slipping into a different gear, it's a great time to reinforce some of the healthier patterns you might have picked up in the summer or to re-establish healthy habits that may have fallen by the wayside over the past few months.

Make a commitment to exercise. The weather will still be nice enough to be outside for a while, but now is the time to develop strategies to continue exercising when the weather turns foul. Regular exercise is one of the best things we can do for our bodies.

Make a commitment to healthy eating. When it comes to eating well—a little planning and preparation goes a long way. A few minutes spent planning meals and preparing ahead when possible, helps make a hectic weeknight less stressful.

A great resource on the web is sparkpeople.com. Here you'll find tips for healthy eating, advice on exercise and a community of people dealing with the same issues you face, when trying to balance it all and stay healthy.

Make a commitment to take time to de-stress. The start of a new school year can be hectic. Be sure to take some time to de-stress. Whether it be through prayer, meditation, deep breathing or just taking some time to sit quietly and count your blessings. A few minutes a day of "quiet time" pays big dividends.

Of course, when you're establishing your healthy habits, it's important to include Chiropractic care. Make your care an important priority so you can keep up with the great results you've been experiencing. Everything flows better in our lives when our nerve system functions at its best.

If the summer threw you off your schedule of care, now is the perfect time to get re-established with regular visits. Healthy habits pay great dividends. Don't wait until your problems return or your body starts yelling at you to take care of it.

Fall back into positive habits and reap the benefits of continued good health.



Kids Heading Back to School?

Check out our website:

www.bfchiro.info

for information on backpack safety. You'll also find exercises and stretches to help you garden safely as well as lots of other information, including a search feature. While you're there, make sure you sign up for our free monthly e-newsletter if you don't already receive it.





**In Honor of
Chiropractic's
115th Birthday,
We're Having A
C.O.W.—
Chiropractic
Opportunity
Week
Sept. 12—18**

Friends and family can moooooove on over to a better way of health. Steer someone into the office this week and their entire initial examination (including x-rays) will be complimentary. If you've been out to pasture and it's been a while since you've been in, you can take advantage of this opportunity as well. Just call the office to schedule your appointment.

An Ounce of Prevention

One of the most common postural misalignments we see is an increased curve in the middle back and rounded shoulders. There are lots of reasons for this—the primary one being subluxation. Another factor in this is a sedentary lifestyle. We're rounded forward from so much sitting—while working, driving, being on the computer, eating, reading, watching TV, etc. Even when we're standing, much of what we do has us rounding our shoulders forward. Unless we make a conscious effort, rarely do we do things which stretches out our chest, opens up our upper back and strengthens the back muscles.

So, a great strategy for when we're sitting for long periods is to stretch.

- At your desk, Place your hands behind your head and gently draw your elbows backward. Slowly and gently press your head backward and resist with your hands for a count of two and release.

- Next, put your arms out with elbows bent. Make small backward circles with your elbows.
- Hold your arms up over your head, clasp your fingers and gently stretch back.

Finally the picture at the right demonstrates a great stretch to relax, stretch your back and chest and end your day. Place a pillow or folded blanket under your back and neck for support and breathe.



These stretches should feel good, not painful. Repeat them periodically throughout the day and again at the end of the day. Modify, if need be if you have shoulder problems. Actually, many problems in the shoulder come about because of a rounded posture in the middle back. Of course, it's important to stay well adjusted. Keeping your spine aligned and your nerve system working properly allows the best function of your body overall.

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