

W.O.W.



## The Way of Wellness Newsletter

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## Make Your New Year's Resolution Health &amp; Fitness?



After spending the holidays eating and drinking, most new exercisers hit the gym like gangbusters, spending hours sweating away. Others begin strict diets. The problem with these methods is that it's hard to sustain those habits long-term.

Instead, fitness professionals agree that the key to reaching your goals is to make small, sustainable changes that will eventually become part of a permanent healthy lifestyle.

These changes won't produce the instant results people look for, but they will be long-lasting.

Here are some 5 very basic tips to get you started on your fittest year ever!

1. Start with 20 minutes of cardio 3-4

times per week. This is the minimum amount of time you need your heart-rate elevated to see positive changes in your cardiovascular health. Not to say that you shouldn't try to fit in exercise everyday. Even when you have a 10 minute break, you can do jumping jacks or skip rope.

2. Incorporate resistance-training. Resistance training not only builds muscles but helps strengthen bones and burn fat. If you're new to strength-training you should not be afraid of gaining too much muscle in the short-term. Your body will be more toned and healthy if you add weight-training to your routine 2-3 times per week.

3. Eat nutritious fruits and vegetables at every meal. Strict diets don't work because people feel deprived and look for ways to sneak in extra snacks. Instead of depriving your body of the foods it loves, eat them in moderation.

Don't feel bad about eating a small scoop of ice cream once a week, as long as you know that for most of the rest of that week, you will be choosing healthier options.

4. Keep a journal. Most people drastically underestimate the amount of calories they take in every day. Then they wonder why they are not losing weight. By keeping a diary of everything you're eating and how much exercise you are doing, you will be able to adjust your habits to see the results you want.

5. Surround yourself with others who share your fitness goals. People have been shown to work out more and eat more healthy foods when those around them are doing the same. Form a support group at work or check out the many online health forums where you can meet others in your shoes.

Make these simple lifestyle changes second-nature, and your goals will finally be within reach.

## Smart Snow Shoveling

When mother nature blankets us in beautiful white and our exercise routine shifts from the fitness center to shoveling the sidewalk it's time for a refresher on snow shoveling safety. Although shoveling is an excellent source of exercise (you can burn up to 240 calories in 30 minutes) for some it can lead to heart attack and injury. Some tips to remember:

- Be careful! Allow plenty of time to complete the job—haste can lead to injury.
- It's important to keep your muscles warm and flexible. Wearing multiple layers will do the trick.
- As with any exercise session, it's important to warm up first. Shoveling action can strain muscles between your shoulders, in your upper back, lower back, buttocks and legs. Take time to stretch just like at the gym.
- The right equipment makes all the difference. Buy a light-weight shovel with a small flat blade and curved handle, to minimize back stress.
- Utilize proper technique. Keep arms close to your body and elbows bent. As you shovel, push the snow straight ahead. A twisting action increases your injury risk. And, walk to the snow bank instead of throwing the snow.
- Bend your knees and lift when shoveling. Let the muscles of your arms and legs do the work, not your back.
- Take a break to rest and ease the strain off your muscles.
- If you feel chest pain, have shortness of breath or experience extreme fatigue stop immediately and call 911. You may need immediate professional help.

***Get your regular Chiropractic adjustments to ensure a healthy, strong and more powerful YOU!***

# Have You Heard The News?



Dr. Jill Braaten has been named the official local representative for the national Foundation for Wellness Education (FWE)! The FWE is a non-profit organization dedicated to educating the general public about health and wellness issues.

As a volunteer facilitator for the Foundation we'll go out in the community promoting the benefits of living a healthy lifestyle. Best of all, the programs provided through the FWE are offered **free** of charge!

Programs include:

- Educational workshops on a variety of timely health topics
- Take 5! Stress Relief Break (our most popular program)
- Health Screenings, and more!



[www.FoundationForWellnessEducation.org](http://www.FoundationForWellnessEducation.org)

**Let us educate, entertain, and pamper your civic group, organization, club, church, business, and school! Inquire for an information package!**

## New Year...New You

40 to 45% of American adults make one or more resolutions each year. Many of these resolutions are related to health and wellness.

That makes it very likely that you know someone who is struggling with a health challenge or striving to improve their level of wellness in some way.

You can play an important role in helping your family, friends and co-workers achieve their health and wellness resolution, once and for all! Care enough to share chiropractic.

***Ask our staff about our special New Year...New You offer.***

## Laughter IS the Best Medicine



### ***Humor is infectious.***

The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy.

In addition to the domino effect of joy and amusement, laughter also triggers

healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

***"Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health."***

***~ Paul E. McGhee, Ph.D.***

## Laughter is good for your health...

- Laughter relaxes the **whole body**. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins**, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

So next time you are feeling like you need a little something, try laughing, and let your good health flow!

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