

Simple Resolutions for Good Health in 2010

The new year is often the time when we set goals and make resolutions that we've been thinking about for some time. These goals often focus on our health, which is why the Back to Health team has come up with our "Top 5 Resolutions for Good Health in 2010."

Nothing on this list is going to be "new" information. Perhaps you've been wanting to make healthier choices but are tired of being disappointed by mid-January that your list of resolutions from a few weeks back are slacking already. Small changes in your lifestyle can yield big returns in how you feel about yourself. For instance, instead of restricting all sugars from your diet, why not just try to cut out that carbohydrate loaded snack in the afternoon at work? The small positive changes will give you the incentive and confidence to tackle other lifestyle goals.

Back to Health's Resolutions for Good Health

1. Reduce stress— stress can cause headaches, anxiety, muscle and joint pains as well as a myriad of cardiovascular issues. Stress is perception and a certain amount is helpful to motivate us and get things done. Too much stress will send a cascade of reactions in the body that can cause weight gain and fatigue. Reducing stress can improve your mental outlook and make you feel physically well.
2. Exercise regularly-consistency is the key here. You don't need to train for a marathon to reap the benefits of regular cardiovascular and strengthen training exercises. Choose activities that you enjoy and use it as a time to listen to your favorite music and socialize with friends. Coincidentally, exercises will help with tenant number 1.



3. Proper sleep— a lack of sleep can lead to depression and an impaired immune system. When we sleep, the body repairs and restores. Try to keep the same schedule every day and have a nightly wind down routine. If you have difficulty sleeping, consult with a health practitioner.
4. Eat well— it is difficult to feed ourselves properly in a world where convenience is "king". The solution to eating well is fairly simple if you choose foods that are not processed and actually prepare it yourself. It takes extra effort to plan, shop and cook most of your meals, however, you'll find you feel better and have more energy.
5. Address small aches and pains early— small problems can often be taken care of quickly and non-invasively if treated early on. Leaving an injury for months or years can lead to chronic pain or a very long recovery. Your chiropractor is an excellent source of information for prevention of common lifestyle "conditions" especially those related to the muscles and joints.

Lift Light, Shovel Right.

When you consider that a shovelful of snow weighs 5 to 7 pounds, you realize how much weight you have to lift to clear your sidewalk or driveway — on average, several hundred pounds! These tips will help keep your back in top shape:

Don't let the snow pile up

If the weather report calls for several days of snow, frequent shovelling will allow you to move smaller amounts of snow at once.

Pick the right shovel

Use a lightweight pusher type shovel. If you are using a metal shovel, spray it with Teflon first, so snow won't stick to it.

Push, don't throw

Always push the snow to the side rather than throwing it. That way you avoid lifting heavy shovelfuls of snow, and sudden twisting or turning movements.

Bend your knees

If you find you have to lift a shovelful of snow, use your knees and your leg and arm muscles to do the pushing and lifting, while keeping your back straight.

Warm up

Before tackling any strenuous activity take the time to warm up with some overall conditioning (a 10- to 15-minute walk, even on the spot, should do it), followed by some simple stretching.

Take a break

If you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shoveling immediately if you feel chest pain or back pain.

If you have back pain that is severe or that persists for more than a day after shoveling, see a chiropractor.

If you have chest pain that is severe, see a medical doctor immediately.



Fit in 15! The 15 Minute Fitness Habit

Fitting-in just 15 minutes of focused activity each day can start you on the way to an energized lifestyle. Go to the website: fitin15.ca for excellent information about the program and ideas for starting your 15 minutes of fitness each day!

Fit-in 15 has been developed by Canada's Doctors of Chiropractic, experts in muscle and joint function, and champions of healthy living. They recognize that it can be hard to find time in a busy day to focus on physical activity. That's why they created Fit-in 15, an easy and manageable way to start the habit. Once Fit-in 15 becomes a regular part of your day, you may find yourself fitting in more.

Starting a new habit and sticking to it is difficult for many people. So many things get in the way and your favourite comfy chair or TV program look good after a long, busy day. Here are some tips to help you fit-in your fifteen minutes each day and get you started.

Making it Easy

1. Have a distraction

Research studies show that people who have a distraction are more likely to stick with a fitness activity than people who don't. If you are fitting in your fifteen minutes indoors, listen to the radio, play music you enjoy or work-out while watching your favourite TV program. These are all pleasurable distractions that will make your fifteen minutes fly by and add to your enjoyment of fitting in time for yourself.

Brisk walking outdoors provides its own distractions. The scenery and street activity will keep your senses occupied while your feet keep you moving.

2. Have a buddy

Research studies also tells us that people who get active with a buddy find it easier to stay active. Invite your partner, a friend, neighbor or relative, one of your children or the family dog to join you for a 15 minute walk or work-out. Make it a time to talk, laugh and connect.

3. Pick a specific time of day

Decide on the best time of day to set aside time for your fifteen minutes. That way it becomes something to look forward to and you can schedule your other activities around your fifteen minutes. Keep to your scheduled time as much as possible.

4. Try not to miss a day

Think of fitting in 15 minutes as a regular daily activity - like taking a shower in the morning. It can be easy to find reasons not to Fit-in 15 – there are always so many other things to do. But the more you fit it in, the easier it gets until you hardly have to think about it. Like brushing your teeth. If you miss a day or two, don't give up, just fit it in again as soon as you can.

5. Change up your program

Keep your fifteen minutes interesting by varying your activities. Try out the different ideas in the section [My Fit-in 15](http://www.fitin15.ca/MyFitIn15.aspx) (www.fitin15.ca/MyFitIn15.aspx) or create new activities of your own. Tired of walking through the neighborhood? Put on your favorite music and dance your heart out for 15 minutes. Have you mastered the strength and flexibility exercises? Maybe it's time to invest in some hand weights to up the challenge. Whatever you choose, focus on the things you find enjoyable and that work the best for you.

Get more motivation and fitness ideas at www.fitin15.ca

Did you know? ...

Only 15 minutes a day will get you started on the way to many health benefits:

- Better heart health
- Improved circulation
- Greater flexibility and strength
- More stamina
- A brighter outlook





The "Back" Page

Health Quiz - How well do you know your body?

- If you carry extra weight in your abdominal area, you are at higher risk of developing diabetes or heart disease. High risk for men is:
 - greater than 45 inches
 - greater than 40 inches

High risk for women is:

 - greater than 30 inches
 - greater than 35 inches
- Total cholesterol should be less than:
 - 200 mg/dL
 - 100 mg/dL
 - 250 mg/dL
 - 300 mg/dL



Walnut Pesto

- 1 cup packed basil leaves
 - 2 cloves garlic
 - 2 Tbsp chopped walnuts
 - 2 Tbsp parmigiano reggiano
 - 2 Tbsp extra virgin olive oil
- Pulse all ingredients in a food processor until well blended. Store in the refrigerator for up to 2 days or freeze in ice cube trays.

This pesto recipe can be used as a homemade pizza topping or as a sauce for pasta. Even though it is packed with healthy ingredients, it is also packed with calories. A little goes a long way. Enjoy!

Your Newsletter

We hope that you find our newsletter informative.

Lets us know if you have any ideas for a future edition, or if you have a photo you'd like us to consider using.

Email us at info@backtohealthchiro1.com



QUIZ ANSWERS:

- Men: B) greater than 40 inches will put you at higher risk of disease.
Women: B) greater than 35 inches will put you at higher risk of disease.
- A) Less than 200 mg/dL

Our Team:



Dr. Jim Harvey
Chiropractor



Shawn Chapin
RMT



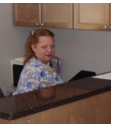
Debbie Admin



Dr. Shawna Green
Chiropractor



Tasha Hughes
RMT



Penny Admin

Our Services:

- Chiropractic
- Massage Therapy
- Laser Therapy
- Acupuncture
- Orthotics
- Rehabilitation
- Assessments
- Reflexology

Back To Health

~ Aligning your health with your lifestyle ~

Call **519-455-3312** for an appointment.
Visit us on the web:

www.backtohealthchiro1.com

Monday	9:00pm – 12:00pm	2:00pm – 8:00pm
Tuesday	Open for Massage Therapy	
Wednesday	8:00am – 12:00pm	2:00pm – 6:00pm
Thursday	closed	2:00pm – 8:00pm
Friday	8:00am – 12:00pm	closed
Saturday	9:00am – 12:00pm	closed
Sunday	closed	closed

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