

Health & Wellness

by OHG

Backpack Safety

With back-to-school season approaching, it's the perfect time to ensure you and/or your children are equipped with the knowledge to protect your spine while carrying a backpack!

Look for a backpack with:

The Load-Bearing Dilemma

To prevent potential discomfort and long-term issues, pack the heaviest items in the middle of the backpack right against your back. *Backpacks should weigh no more than 10% of the wearer's bodyweight.*

Walk Tall & Wear it Right

Learn the importance of walking and carrying your backpack with proper posture. With both straps on both shoulders, keep your shoulders back and your core engaged. Ensure the bottom of your bag sits at waist level.

Treating Your Spinal Health

Simple stretches and exercises can alleviate strain on the spine, maintain flexibility, and prevent discomfort. *If you experience persistent discomfort or pain related to backpack usage, our experienced chiropractors are ready to assess your spinal health and offer tailored advice!*



WIDE,
PADDED
STRAPS



PADDED
BACK



COMPARTMENTS



WAIST
STRAP

Tips for

Proper Sleep Hygiene



Avoid napping during the day

PMR (progressive muscle relaxation) means to systematically contract and release muscle groups within the body. It has demonstrated improvements in fatigue and sleep quality.



Block out distracting noise & light

Avoid stimulants such as caffeine, nicotine, or vigorous exercise around bedtime

Regular exercise can help promote restful sleep, especially if done in the afternoon.

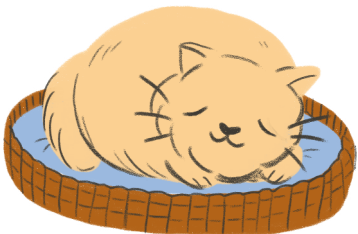
Avoid food intake around bedtime, especially heavy, spicy, or sugary foods 4-6 hours before bedtime.



Avoid alcohol 4-6 hours before bedtime: there is a stimulant effect after the immediate sleep-inducing effect once you have metabolized the alcohol

Practice a bedtime routine that helps you relax and let go of the day. Don't take your problems to bed, leave them behind with the day.

Get into your sleeping position and if you don't fall asleep within 15-30 mins, go to another room and stay there until sleepy (try reading)



Fix a set sleep and wake time; you grow accustomed to sleeping at a certain time.





Tomato, Peach, and Burrata Salad!

Vinaigrette Ingredients

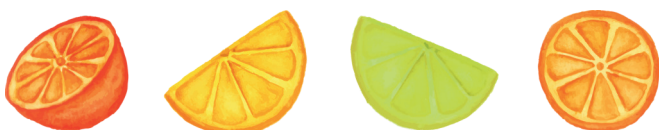
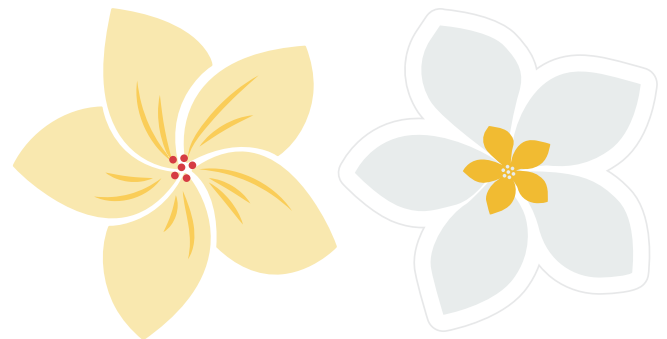
- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic or champagne vinegar
- 1 tablespoon honey
- 1/2 shallot, finely chopped
- 1 garlic clove, grated
- 1 teaspoon lemon zest
- 1/4 cup chopped basil
- 2 tablespoons fresh, chopped oregano
- 1 tablespoon fresh, chopped dill
- 1 tablespoon fresh, chopped thyme
- red pepper flakes, kosher salt, and black pepper to taste

Salad Ingredients

- 1 & 3/4 cups cherry tomatoes (halved if large)
- 2 & 1/2 peaches, sliced into wedges
- 1 cup pitted cherries
- 8 oz burrata cheese (room temp)
- 1/4 cup toasted pumpkin seeds (or other nut/seed of your choice)

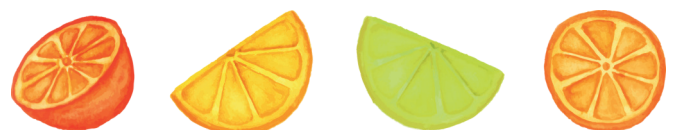
Preparation instructions:

1. To make the vinaigrette, combine all ingredients in a glass jar and whisk until smooth. Taste and adjust chili flakes, salt, and pepper to taste.
2. In a large bowl, toss the tomatoes, peaches, and cherries with 1/3 of the dressing. Let the bowl sit for 15 minutes at room temperature or for up to 4 hours in the fridge.
3. Break the ball of burrata around the salad. Drizzle with the remaining vinaigrette and top with pumpkin seeds and additional fresh herbs.



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