

## HEALTH & WELLNESS NEWSLETTER

### Love Your Spine: 5 Tips of Proper Lifting

- 1 Warm up before lifting**

As with any physical activity, it's essential to warm up before lifting heavy objects. A few simple stretches can help loosen up your muscles and prepare them for work. Warming up can help reduce the risk of injury and improve your performance.
- 2 Use your legs, not your back**

When lifting an object, it's essential to use the strong muscles in your legs rather than relying on your back. To lift correctly, stand with your feet shoulder-width apart and bend your knees to get a good grip on the object you're lifting. Keep your back straight, then lift by straightening your legs. Check out this Safe Lifting infographic for more details.
- 3 Keep the object close to your body**

Another way to avoid straining your back is to keep the object you're lifting close to your body. This will help distribute the weight more evenly and make lifting easier.
- 4 Use the proper grip**

A proper grip can help you avoid injuries to your hands or fingers. One of the best grips for lifting heavy objects is the "Power Grip," which is when your fingers wrap around the object and your thumb presses against the object.
- 5 Take frequent breaks**

Lifting heavy objects can be tiring, so taking short breaks to rest and stretch your muscles is essential to help prevent fatigue and reduce the risk of injury. Also, if an object is too heavy for you to lift alone, it's best to ask for help or to use a lifting device to get the job done safely.



*Ask the front desk about gift certificates*



# Is Your Spine your Valentine?

Valentine's Day is here, so now is the perfect time to talk about giving your spine some love! It might sound strange, but showing your spine a little love can go a long way.

## LOVE YOUR SPINE BY MAINTAINING AN ACTIVE LIFESTYLE.

Exercise and activity are an essential element in living a healthy life. We know that an active spine is a healthy one, and it is important to stretch and strengthen your spine regularly. It can be challenging to exercise when you are in pain, but to maintain true health, you've got to get yourself moving.

## LOVE YOUR SPINE BY USING YOUR MIND.

Mindful meditation has been proven to help those suffering from chronic pain. A recent study even found that over the course of 8-week treatment sessions, participants who engaged in mind-body therapy showed improved pain scores. You can find relief in as little time as 15 minutes per day!

## LOVE YOUR SPINE BY MAINTAINING PROPER POSTURE.

If you have poor posture, we're certain you will experience back pain. What's worse is that over time, poor posture can change the anatomical structure of your spine. Your spine's health depends on proper posture.

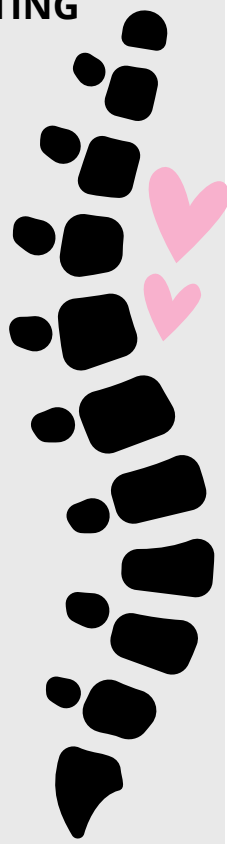
## LOVE YOUR SPINE BY EATING HEALTHY.

A healthy diet is a key component in maintaining a healthy spine. The nutrients we eat from whole and healthy foods help support a strong and optimally functioning musculoskeletal system. Additionally, a balanced diet will help you maintain a healthy weight, keeping unnecessary stress off the spine.

## LOVE YOUR SPINE BY EVALUATING YOUR SLEEPING POSITION.

Good, restful sleep is much needed if you want to maintain good health. If you are suffering from pain, you might find it difficult to fall and stay asleep. Fortunately, chiropractic care can help with sleep issues.

This Valentine's Day, we want you to love yourself by making even just one of the following changes. Once that small change has become habit, you can add another one to your lifestyle until you are doing everything you can to keep your spine healthy.



## Valentine's Very Berry Smoothie



### Ingredients

- 2 cups coconut milk
- 1 cup frozen strawberries
- 1/2 cup frozen raspberries
- 1 frozen banana
- 2 tbsp hemp seeds
- 1/2 tsp vanilla bean powder (optional)
- 1 tbsp maple syrup (optional)

### Directions

- Adjust thickness with more fruit or milk as needed and enjoy this deliciously romantic smoothie! Serves 2.



Source: McKay, Tina., 2019, Healthy Life Chiropractic Blog