

# Back To School

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## HAMBY CHIROPRACTIC & WELLNESS

*A Monthly Newsletter on the Latest in Health and Wellness*

### CHIROPRACTIC NEWS

#### The Nightmare That is Back to School

In the past, back to school was a time of mixed emotions for both parents and kids. Parents were eager for reprieve yet sad to watch the children grow up. Kids were sad to see their free days of fun fade with summer yet excited to see all their friends and meet their new teachers.

However, this year there seems to be only one overarching emotion - dread. With the rise of COVID19 cases and no end in sight, parents are hesitant to send their children back to school. On the other hand, the struggle to educate their children at home has turned out to be more difficult than anyone could have imagined. Moreover, the children are finding it increasingly difficult to get the most out of their education.

There are different thoughts on how society should go about back to school, but wherever you stand on the idea there things you can do to keep your families safe. First, wear your face masks. Second, keep your hands clean either by washing them or using hand sanitizer. Third, exercise and eat a healthy, well-balanced diet. Finally, make regular visits to your chiropractor.

#### FEATURED STORIES IN THIS ISSUE:

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**[5 Things to Look out for in Your Pre-Workout Supplements](#)**

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**[9 Health Benefits of Drinking Kombucha](#)**

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**[7 Strange Body Facts You Have Always Been Curious About](#)**

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## RECIPE OF THE MONTH

### Fish Tacos With Guacamole

Fish tacos are by far the healthiest version of tacos. They are light, they are refreshing, and they are delicious. Mix things up at the dinner table this month with this lip-licking [recipe](#). These tacos are full of healthy ingredients, such as fish, avocado, tomatoes, onions, cilantro, lime juice, and low-fat sour cream.

## STRETCH OF THE MONTH

### Triceps Stretch

- Kneel, sit, or stand tall with feet hip-width apart, arms extended overhead.
- Bend your right elbow and reach your right hand to touch the top middle of your back.
- Reach your left hand overhead and grasp just below your right elbow.
- Gently pull your right elbow down and toward your head.
- Switch arms and repeat.

