

TOTAL ACTIVITY

CLAIRPOINTE FAMILY CHIROPRACTIC

Spring Wellness

By: Sarah Catanzaro

Spring is here, and summer is approaching, which means more time outside enjoying our favorite activities. Whether it's sports, gardening, vacationing, playing with the kids, or boating with friends, preparing your body for your favorite activity will help protect you from injury. Below are lifestyle factors to add to your summer wellness plan to keep you in tip-top shape.

Chiropractic Care

First and foremost, stay on your adjustment schedule. Regular chiropractic adjustments will reduce pain, enhance mobility, and allow your body to build upon the progress of your last adjustment. Missing appointments will disrupt your care and the healing process. Prioritize your adjustments so your body maintains the benefits of chiropractic.

Orthotics

Protecting your feet with Foot Levelers custom-fitted orthotics improves posture and balance, reduces foot and back pain, and can enhance sports performance. Wear your orthotics while working and playing, and replace them every two years to ensure proper support.

Exercise

Regular exercise strengthens the muscles supporting your spine and core, improving your balance. Lift weights, practice yoga, cycle, or go for a long walk. Whichever exercise you choose, be consistent with it to create a healthy habit.

Hydrate

Drink plenty of water throughout the day to stay hydrated and to prevent headaches while outside, enjoying your favorite activity. Drinking water also has many other benefits, like extracting nutrients from food to improve digestion, helping with weight management, cushioning the joints, and protecting the brain, spinal cord, and other sensitive tissues.

Supplements

Taking pharmaceutical-grade supplements like Glucosamine Sulfate, Chondroitin, and Collagen will help cushion and protect the joint against impact.

Adding these five lifestyle factors into your spring and summer wellness plan will protect your body from injury and create healthy lifestyle habits.





Total Activity Word Search

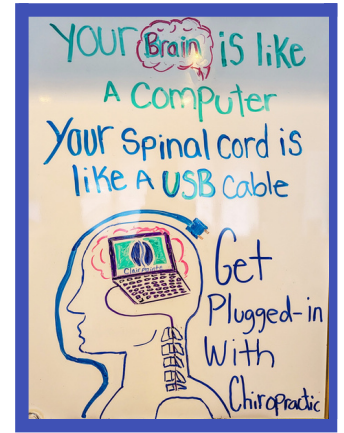
F Y L R F L E X I B L E F B Z
 T M R L O U O G R Z A F J I I
 E W A L K I N G P E T S H B Y
 N X R T U M S Q T L D L Y I O
 N A E R O B I C T R J F D K G
 I R O W I N G C Q F Y H R I A
 S T R E T C H I N G J E A N O
 W B O A T I N G X G L S T G Z
 Q S O F T B A L L N B S E M F
 S U W E I G H T L I F T I N G
 L N G A R D E N I N G V B P K
 D Q Q U V J O I K G V R H V A
 P I C K L E B A L L Z J U D J
 B B A V N L S T L G O L F N C
 T Z M G X C R A Y J R V Z T L
 C H I R O P R A C T I C Q A A
 S T R E N G T H E N I N G I I
 S S R Z R U N N I N G L B C R
 J W O D K M C A R D I O A H P
 P R I C Q H I K I N G W L I O
 V W J M C V N A Y Z U C A T I
 C S J K M E K A N T P B N F N
 X J H L K I R I M V G M C F T
 K L C S F Q N Y O Z A P E W E
 R Y J G T V A G D I Y E V L G

Word List

- | | | |
|--------------|---------------|----------------|
| Aerobic | Hiking | Tai Chi |
| Balance | Hydrate | Tennis |
| Biking | Pickleball | Walking Pets |
| Boating | Rowing | Weight Lifting |
| Cardio | Running | Yoga |
| Chiropractic | Soccer | |
| Clairpointe | Softball | |
| Flexible | Strengthening | |
| Gardening | Stretching | |
| Golf | Swimming | |

Clairpointe's White Board

Have you seen Clairpointe's new whiteboard? Every other week, the doctors discuss a new topic with patients, which we will display on the board. Check it out at your next adjustment, and kudos to Taylor for her outstanding artwork.



Supplement Corner

It's allergy season! How are you battling the elements? The doctors at Clairpointe Family Chiropractic suggest taking Pharmaceutical-grade Sinatrol, Natural D-Hist, and Ortho Biotic supplements by Ortho Molecular Products. Learn more about our Spring supplement special at your next adjustment!

Are You Following Us On Social Media?



Follow us on **Instagram**, **Facebook**, **YouTube**, **LinkedIn**, and **Pinterest** to get updates and learn more about how chiropractic care can enhance your health.

