

THIS MONTH'S TOPIC

# NUTRITION



It's a New Year, let's talk about better fuel for your body.

January is a time for many to commit to making life improvements. A great place to start is with Nutrition.

For many of us, this time of year means a deficiency in certain nutrients scientifically known to be beneficial to the immune system. Your immune system is your first line of defense to unwanted bacterial and viral visitors!

3 key nutrients to build immunity are Vitamin C, Vitamin D, and Zinc.

- Vitamin C doesn't get stored in your body and needs to be replenished daily.
- Vitamin D is made by your body during sun exposure. Most people are deficient and need to supplement.
- Zinc is essential for our immune cells to function and protects our cells from damage.



## Vitamin C

FDA recommends:  
75-90 mg/day for adults & additional  
35 mg for smokers.

Citrus Fruit  
Peppers  
Brussel Sprouts  
Cabbage

## Vitamin D

FDA recommends:  
800 mg/day for adults.

Salmon  
Sardines  
Eggs  
Caviar

## Zinc

FDA recommends:  
8-11 mg/day for adults.

Shell Fish  
Poultry  
Red Meat  
Mushrooms

Quality Supplement Brands Include:  
Standard Process & Pure Encapsulations  
Available in 360 Clinic or via Direct Link

## Did You Know?



### Blood Pressure Checks

A blood pressure check takes less than 5 minutes.

If you have not had yours checked or you need to monitor, feel free to reach out to us for a quick check.

Management and prevention are essential to health.

### Pilates Group Class

Lawson will begin a group mat pilates class in February. Pilates focuses on improving flexibility and strength through controlled movements.

This class is appropriate for everyone, especially those looking to strengthen their core muscles to support their back and body.

### Stretch & Flex Group Class

Stretch & Flex class with Jacia introduces a broad spectrum of spine safe flexibility training.

Using a variety of stretching methods to improve your posture, improve flexibility, range of motion, and technique. All levels are welcome.

## Rehab Corner



Each month check here for a new stretch, or exercise that you can easily incorporate into your day! These exercises can be completed in a minute or two, to both prevent and decrease discomfort.

This month we are focused on decreasing neck stiffness, tension, and pain.

Simply place your left forearm low on your waist, behind your back. Lean your head to the right and gently pull with your hand your ear to shoulder. Hold for 30 seconds. Perform several times per day.

Use this [LINK](#) to watch this stretch as a video and for access to other stretches.