



Chiropractic Care & Longevity Center

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January 2018

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Our mission at Chiropractic Care & Longevity Center is to be dedicated and successful chiropractors serving the community of Perth and district by offering the finest chiropractic health care services with professionalism, clinical expertise and compassion.

Happy New Year!

What better way to kick off the New Year than by getting in shape!

Follow these 5 simple steps to burn more calories at work.

American Posture Institute

1

GET A SIT-STAND DESK

Set yourself up for success with the tools you need to increase NEAT (Non-exercise activity thermogenesis). Having a desk that allows you to go from sitting to standing is a great way to increase NEAT. Although you don't have to stand all day, you can sit and stand. **An ideal ratio is standing for three times longer than you sit.** With adjustable workstations you can take breaks as needed, but plan to spend the majority of your time standing.

WALK WHILE YOU WORK

Take walks while you work to increase NEAT. Remember, your brain and your body was designed to move, not be stagnant. Walk throughout your workday. A great strategy is to get a treadmill desk allowing you to walk while working at your computer. Plus, list out 3 activities you can do while walking instead of sitting. For example, walk and talk on the phone, do walking meetings, and walk up the stairs instead of taking the elevator.

2

3

CHANGE YOUR POSTURE OFTEN

Again, we were designed to move. The structural framework of your body, your posture, was not designed to hold you upright in a static position without movement. We are dynamic beings. When posture becomes sedentary what tends to happen is that your posture distorts and you see posture faults such as forward head posture and slouched shoulders. Changing your posture from sitting to standing is important. *We sell a variety of posture cushions, ask to see them today.

SIT ON AN EXERCISE BALL

Another way to change your posture often is to sit on an exercise ball at work instead of an old office chair. Exercise balls are more dynamic, meaning you engage your muscles more actively to sit on them. This helps promote good posture, you tend to move more than while sitting on a normal office chair, and it helps improve balance by stimulating the vestibular system for better equilibrium and balance-ability.

4

5

PERFORM BALANCE TRAINING

Maximize your time at work by being more active. While standing in line, instead of grabbing your cell phone and looking down in poor posture, you can be active by performing balance training. Stand on one leg in good posture and balance for 30-second intervals, then switch legs and perform One Leg Balance bilaterally.

Upcoming Classes at CCLC, register today!

Make & Take Laundry Dryer Ball Workshop



Wednesday, January 10th
6:00-7:00 pm



Chiropractic Care & Longevity Center
5 Gore Street West, Perth ON

\$20 per person

Option of making 3 medium,
or 2 large dryer balls



Taught by: Tanis Cowan

Pre-registration required; limited seating.
RSVP by phone or email:
613-264-0616, chirocare@primus.ca

Pimp Your Pelvic Floor!

This class will focus on the following:

- Learn how to engage your core
- Understand why you have abdominal weakness
- Learn how to execute full body movements that can be used in everyday life
- Learn steps to better utilize, strengthen and heal your abdominal muscles



Chiropractic Care &
Longevity Center
5 Gore Street West, Perth ON

\$80.00 + tax
for 8 weeks

Tuesdays 6:30 pm
starting January 9th

Pre-Register for this class by
phone or email

613-264-0616 or chirocare@primus.ca

HAPPY NEW YEAR

2018

The Chiropractic Care
& Longevity Center

If you have any
comments or
suggestions about our
Monthly Newsletter
please email:

chirocare@primus.ca

Thank you for reading
our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



Winter Jokes

Q: Why do seals swim in salt water?

A: Because pepper water makes them sneeze!

Q: Where can you find an ocean without any water?

A: On a map!

Q: If the sun shines while it's snowing, what should you look for?

A: Snowbows.

Q: Why was the snowman sad?

A: Cause he had a meltdown.

Q: What do you call a reindeer with no eyes?

A: I have no eye deer.

Q: What did the tree say after a long winter?

A: What a re-leaf.

Q: What did the snowman eat?

A: icebergs with chilli sauce.

Jokes4us.com

crock-pot APPLESAUCE



INGREDIENTS

- 10 medium apples
- ¼–½ cup water
- 1–2 drops Cinnamon Bark essential oil
- ½ teaspoon cinnamon
- ¼–½ cup honey

DIRECTIONS

Peel and core apples. Slice apples into ½ inch cubes. Place apples, water, essential oil, cinnamon, and honey in crock pot. Turn crock pot to high and cook for 3 ½ hours, stirring occasionally. As apples soften, mash to a smoother consistency. If you would like a very smooth consistency, place in a blender once cooled.

