



# Chiropractic Care & Longevity Center

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February 2020

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[www.chirolongevity.com](http://www.chirolongevity.com)

Our mission at the 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.

## PREVENT WINTER SLIP UPS!

[www.chiropractic.on.ca](http://www.chiropractic.on.ca)

**Did you know that one in every three Canadians over age 65 will fall at least once in a year?**

### Stay Standing This Winter!

Falling on ice can leave you red-faced with embarrassment, or far more seriously. Slippery sidewalks, driveways and icy parking lots can be risk factors for falls in winter. Avoid a bad fall with these tips.

### Walk like a penguin

- The penguin waddle helps you keep a center of gravity over the front leg as you step, instead of split between the legs. Short strides also help keep your center of gravity, which help avoid falls. When walking, extend your arms out from your sides to increase your center of gravity. Don't keep your hands in your pockets! Walk slowly, with short strides and try to land your steps with a flat foot.

### Keep walkways clear

- Shovel snow and scrape ice as soon as possible. Liberally sprinkle ice melt product, sand or lava rocks onto walkways to provide foot traction and to make sure surfaces don't turn to ice. This not only protects you and your family, but also postal carriers and others when they're walking around your property. Where possible install or use handrails for extra support.

### Take all precautions

- Be extra cautious walking after a storm. Tap your foot on potentially icy areas to see if it is slippery. Hold a railing while walking on icy steps. Stay steady by wearing proper winter footwear. Lightweight boots with a thick, non-slip tread sole will provide good traction on ice. If a sidewalk is icy down the middle, walk on the snow beside it to avoid slips.

### Lighten your load

- Carry fewer bags on snow days, since excess baggage can throw off your balance and make it tougher to regain your balance once you lose it. Keep your hands free by putting away your phone while walking – you may need to catch yourself!

### Boost balance with exercise

- You can't control the weather, but you can improve your balance through regular exercise. Exercise is an ideal way to help you stay safely on your feet balance it helps improve balance, flexibility and strength. **Talk to a chiropractor about ways to improve your balance and strength in order to prevent falls.**

### Visit your chiropractor

- Don't let a fall get you down. If you do take a tumble, visit your chiropractor. They'll get you back to doing the things you love to do and will work with the rest of your care team to help prevent future falls.

The Chiropractic Care & Longevity Center presents our third annual **SPARKLE LADIES NIGHT**

**Saturday, March 21<sup>st</sup>, 2020**

**Doors open at 5:30 pm**

**Light Buffett – 6:00 pm**

**Dance – 7:00-11:00 pm**

**Perth Lions Hall**

**Tickets are \$30 each or 2 for \$50**

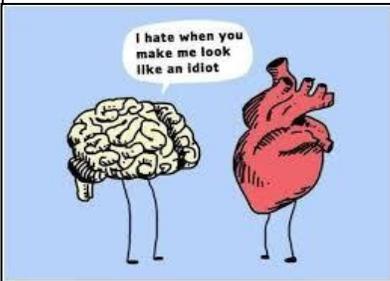
**See the front desk staff to purchase tickets!**

**Please support the GWM Hospital Foundation!**

What better way to say  
**"I Love You"**  
 to yourself, spouse, parents  
 or children than with a gift  
 certificate for massage  
 therapy, with one of our  
 registered massage  
 therapists – Alanna Dyer,  
 RMT, Dillon Lowry, RMT and  
 Lindsey Crain, RMT.

Appointments available  
 Monday-Saturday.

**A gift for the body,  
 from the heart this  
 Valentine's Day ♥**



The office will be closed on  
 Saturday, February 15<sup>th</sup> and  
 Monday, February 17<sup>th</sup> for  
 Family Day weekend ☺



The Chiropractic Care &  
 Longevity Center

If you have any comments or  
 suggestions about our  
 Monthly Newsletter please  
 email: [chirocare@primus.ca](mailto:chirocare@primus.ca)  
 Thank you for reading our  
 office newsletter!

We're on the Web!  
 See us at:

[www.chirolongevity.com](http://www.chirolongevity.com)

Also:



**Valentine's Day is  
 Friday, February 14<sup>th</sup>**

**What did the Valentine's Day card say  
 to the stamp?**

**Stick with me and you'll go places**

**What do farmers give their wives on  
 Valentine's Day?**

**Hogs and kisses!**

**What's the best part of Valentine's  
 Day?**

**The day after when all the chocolates  
 go on sale.**

**Do skunks celebrate Valentine's Day?**  
**Sure, they're very scent-imental!**

**What do you call two birds in love?**  
**Tweethearts!**

**What did the chocolate syrup say to  
 the ice cream?**  
**"I'm sweet on you!"**

**What did the paper clip say to the  
 magnet?**  
**"I find you very attractive."**

**What did one oar say to the other?**  
**"Can I interest you in a little row-  
 mance?"**

**What did the bat say to his girlfriend?**  
**"You're fun to hang around with."**

Jokes4us.com

**Sweat with Sue – Personal Trainer**

Since February is Heart month, let's talk about cardiorespiratory fitness. Cardiorespiratory fitness (CRF) refers to the ability of the circulatory and respiratory systems to supply oxygen to skeletal muscles during sustained physical activity. CRF helps improve the lung and heart condition, and increases feelings of wellbeing.

Benefits of improved cardiorespiratory fitness include lowered blood pressure, regulation of blood sugar, reduced asthma symptoms, reduced chronic pain, aids in sleep, and strengthens the immune system.

Given all the benefits that a healthy cardiorespiratory system provides it makes sense to ensure our systems are as healthy as possible. The way to do this is by incorporating some sort of endurance activity into your lifestyle. This doesn't mean you have to run marathons.

Examples of these include walking briskly, running or jogging, dancing, swimming, cycling, climbing the stairs, or playing sports such as tennis or soccer. Of course there are many other sports and activities that can improve your cardiorespiratory fitness, so find an activity you enjoy and get moving!

Not sure where to start,  
 book with a personal trainer!



**February is Heart Health Month**

A time to bring attention to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Products that may help with heart health:

**Purelab Magnesium Glycinate**

- Helps with proper heart function
- Controls the contraction and relaxation of the heart



Magnesium Glycinate  
 120 caps – \$25.94  
 300 caps – \$62.10

**Metagenics OmegaGenics EPA-DHA**

- Supports good heart health and reduces inflammation



OmegaGenics EPA-DHA  
 1000  
 120 caps – \$84.70

**Shaklee B-Complex**

- Stress causes bad buildup of homocysteine (this is the silent killer) in the blood. B-Complex converts homocysteine to prevent damage of the heart.



B-Complex  
 120 tabs – \$26.44

All prices are tax included.

**Please Note:** We will not be offering chiropractic services from Wednesday, February 5<sup>th</sup> - Saturday, February 8<sup>th</sup>. The chiropractors and office staff will be attending a chiropractic conference during this time. The office will remain open with reduced hours; we will have massage therapy and product sales.