



## LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

### **Holiday Stress and Winter Activities Carry Special Concerns**

In December 2001 informational releases from both the International Chiropractors Association (ICA), and the American Chiropractic Association (ACA), comes articles with tips for consumers this holiday season. The ACA warns, "Winter recreational activities and chores can pose problems for the outdoor enthusiast whose body is not in condition."

The ACA article stresses the importance of warm-ups prior to winter activities or sports. "Simply put, warming up is essential," says Olympic speed skater Derek Parra, gold medal winner in the 1500 meters at last weekend's World Cup event in the Netherlands. "In fact, when pressed for time, it's better to shorten the length of your workout and keep a good warm-up than to skip the warm-up and dive right into the workout."

The article from the ICA starts by saying, "With Thanksgiving 2001 behind us and the holiday season in full swing, it is important to your good health to take a few simple steps to reduce the stress and strain of this busy time. This is especially important in light of the added anxiety we are all feeling as a result of the September 11th tragedies." The article also stresses the importance of good spinal health by adding, "Lift packages, firewood, your frozen holiday turkey and other heavy items with your legs, not your back. When lifting, hold objects close to your body; rather than flexing forward, maintain a slight arch in your lower back and bend at the knees before standing up with the object. That way, the lifting is done primarily with the strong muscles of the legs supporting the load. Don't wait until you are hurting to see your doctor of chiropractic. Chiropractic adjustments can keep you going at your peak and help you get extra enjoyment from the holiday season."

The most important things over the holidays are family and good health. Chiropractic has been doing its part for over 100 years to help ensure the good health of families. We do this by working to keep the nervous system free of interference from subluxations. If your nervous system functions free from interference, your entire body works better. Basically, this means that your holidays are much better without subluxations. So keep well adjusted over the holidays.

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\*\* Who do you know that could benefit from Chiropractic Care? \*\*

**SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS**

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▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

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220 South Business Park Drive Unit A-4 Oostburg, WI 53070 **phone** 920.564.6061 **fax** 920.564.6081