

Achieving Wellness

Victoria Family Chiropractic

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Marriage Malady

You both are busy with work, children, chores etc. Sound familiar? It is easy to fall into a busy routine and forget that without nourishment relationships suffer.

Health and happiness come when our lives are balanced. Our journey on this incredible world could end any moment! Make time for each other and enjoy your life because you have so much to be grateful for.

The following are steps to a healthy marriage from Carol Tuttle, author of, *Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century.*

1. Have a date night every week.
2. Tell your partner wonderful things you would like to hear from them.
3. Write down in detail the qualities you desire in a partner and live that way yourself.
4. Ask your partner what you do or say that hurts them, then never do it again.
5. Talk about what is working, not what isn't, and do more of it.
6. Say only positive things to others about your partner.
7. Play together often, making time for trips just for the both of you.

Core Stability (Part 3)

Although pain commonly brings people into a chiropractor's office, chiropractic care is not for pain, but rather to optimize the function of your nervous system, which is vital in achieving wellness.

Strengthening muscles, which support the low back, is an essential part of a wellness program.

1. **The Bridge:** Lie on your back with your knees bent. Thrust your pelvis into the air squeezing your buttock muscles together. Try holding for 30 sec. and repeat four times with a minute rest in between.

2. **Back Extension:** See picture below. This exercise strengthens the low back and buttock muscles, but it must be performed correctly to prevent injury. When performing this exercise, try to keep your body straight. For example, if

you were looking at yourself from the side, your torso would be in line with your lower body. It is OK to hyper-extend your low back slightly but too much puts you at risk for injury.



There are many variations to the above exercises and ultimately you need to find ones that work for you. Ask Dr. Copeland if you need the name of a local trainer for assistance.

HEALTH
IS NOT A
CHANCE,
IT'S A
CHOICE



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!