

Achieving Wellness

VICTORIA FAMILY CHIROPRACTIC

Dr. Cale Copeland

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Routine Rut

“Insanity is doing the same thing over and over again, but expecting different results.” This statement probably rings true for most of us, but take a moment to think about it. Each day we wake up and begin our basic routine, like breakfast, shower etc. Breaking this routine can be difficult even if we are aware that a change will positively affect our lives. We spend so much time thinking about how we want to change our lives, yet why do so few people do anything about it? It could be procrastination, fear, or lack of commitment. Regardless of the reason it's time we get out of our comfort zone and take control of our lives and health.

The longer we stick with a new routine, like for example exercising regularly, the easier it will become part of our lives. Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to wellness. Optimal health is our most valuable possession. We all can reach this goal if we take responsibility for the choices we make regarding our health care routine. Chiropractic care can help give us the natural health we deserve if we commit to learning more about our body and take all of the necessary steps to stay well.

6 Benefits of Exercise

Decreases Fatigue. Spending 20 minutes three times a week exercising will increase your endurance and skyrocket your energy.

Makes You Smile. A study at *Duke University* showed that just 8 to 10 minutes of strenuous exercise can dramatically reduce negative feelings and make you feel better.

Prevents Cancer. Regular exercise proves to be a key factor in cancer prevention. Research continues to confirm that exercise reduces the risk of developing cancer.

Soothes Arthritic Joints. Stretching and exercise help to reduce arthritic pain and increase joint mobility.

Keeps You Young. Lower body

exercises help slow down aging by stimulating the production of human growth hormone.

Knocks You Out. Exercise helps you sleep better. Studies from the *University of Arizona*, found fewer sleep disorders among young people who exercised regularly.

Achieving Wellness with Dr. Cale Copeland is on **Wed. Nov. 29th** and **Dec. 13th** from **5:30 to 6:30 pm**. We encourage you to bring guests!

Introduction to Meditation with Cal Danyluk is on **Dec. 6th** from **7:00 to 8:00 pm**.

Both seminars are here in the office.

HEALTH
IS NOT
A CHANCE,
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Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Change someone's life; have them get their spines examined today!