

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



New Year's resolutions

As the year comes to an end many of us use this time to set goals and make changes in our lives. Break bad habits. Resolve to become healthier. Others decide to take better care of themselves, improve their diets, lose some weight, or begin a regular exercise program.

If you know someone who tends to go overboard in the New Year's resolution department, encourage them to begin first with a thorough chiropractic examination. A healthy spine and properly working nervous system should be the starting point of any New Year's resolution for better health.

Next month is when so many workout clubs and gym memberships are started. Regardless of the changes you want to make those who are successful share some common characteristics:

They believe in their ability to change. They don't blame themselves or make excuses. They concentrate on measurable results. They know why the resolution is important.

Before beginning an exercise or slimming program, make sure you don't put needless wear and tear on malfunctioning spinal joints. Even without obvious symptoms, improper spinal function can diminish the benefits of a toning and strengthening exercise routine.

If it's been awhile since you've been in, or you know someone who complains about some nagging health problem, get the New Year off to a healthy start.