

# WORDS OF WELLNESS

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MARCH 2006

VOLUME 10 NUMBER 1

## *Keep Your New Year's Fitness Resolutions On Track!*

As we are getting into the home stretch of winter, the longer days of spring and summer are fast approaching. It seems many people who had the best of intentions regarding their New Year's resolutions for health and fitness in early January have let things slip a bit. From speaking to different people there are many different hurdles that they see as obstacles to success. All of these obstacles can be surmounted with a few simple strategies.

- **No Time to Exercise**

Fitness has to be made a top priority if you're going to be successful it must be an integral part of your day. You should try scheduling daily appointments with yourself. Treat them as important as a chiropractic or naturopathic visit. You have to go, no ifs or buts about it. Even if it is as simple as a walk around the block, every little bit helps.

- **I'm Too Tired**

If your energy is low, then begin with five minutes of activity, then increase to ten minutes and so on. Before you know it a whole workout will go by without any effort. The first five minutes are always the hardest. To avoid sluggishness try drinking enough water.

- **I Have To Take Care of My Family**

By planning activities with your kids like biking, playing soccer, skating or bowling you can have fun and you will get to move around. Put your baby in a carrier and climb the stairs, power walk at the mall. If I'm home before dinner, we try and play a game of soccer or road hockey which perks everybody up and relieves stress.

- **I'm Just Not Motivated Enough**

Find yourself a buddy. This always helps. If there's somebody depending on you to pick them up or waiting at the corner, odds are that you'll get out of bed and out the door. This will give you satisfaction from completing the workout as well as overcoming procrastination.

- **I'd Rather Spend Time With My Friends**

Make exercise social. Organize doubles tennis, recruit friends for a walk or hike. Join a bike club. Any activity that you enjoy, you'll be more inclined to do it in the first place, and you won't quit early.

In conclusion, to be successful with your fitness and exercise, don't make it a huge obstacle every day. Start small and work your way up with time and difficulty. Make it fun for you and your kids, which not only benefits you in the short term but will instill good fitness habits with them. Make it social and change up your routine. If you do this you'll stick to it and enjoy it more.

### **New Patients Welcome!**

The clinic continues to accept new patients. If you know of anyone who could benefit from one of our many services, do them a favour and refer them to our office.

**519-886-4814**

### **Public Speaking Presentations**

If you would like any of our practitioners to give a presentation at your workplace, school or group, please contact them through our front office at:

**519-886-4814**

## WELLNESS CENTRE NEWS

The clinic is happy to announce the addition of two new practitioners to our staff. Kathy Schenk, R.M.T., is practicing with us on Monday mornings and Wednesday afternoons and Robin Walsh, our new Naturopathic Doctor, joined us full time on February 1st. Also joining us is Betty Ann Schnurr, a Kinesiologist, who specializes in personalized exercise programs and ergonomically correct workstation setup. Please contact the front desk to book an appointment with any one of our new practitioners.

Dr. Jeff and staff went to the most recent Parker Chiropractic seminar in Las Vegas in January. Make sure to speak to them and ask about all the new and exciting health and Chiropractic information they learned.

Dr. Jeff is starting a Back School in March! All patients, your friends and family are welcome to attend one of his twice monthly Wednesday evening educational sessions. He will be teaching about spinal nerves and how they work, why you should be attending your regularly scheduled appointments and techniques to keep your spine healthy. Contact the office to ask any questions or to sign up and take charge of your Chiropractic health.

### *Congratulations to:*

Tania and Jeff Bumstead on the arrival of Sarah on December 22nd weighing 9lbs. 3ozs.

Jeff Hopkins and Brian and Judy Leib on the arrival of Evan on January 8th weighing 6lbs. 13 ozs.

Lisa and Steve McEwan on the arrival of Rachel on October 21st weighing 6lbs. 9ozs.

## THANKS FOR THE REFERRALS!

Melissa Bruce	Christine Burns
Rish Mehta	Val Butler
Kathryn Cress	Bill Loban
Barb Honselman	Arlene Davidson
Sue Schierholtz	Michaela Bielik
Matt Williams	Carl Rube
Ruth Anne McBride	Judy Nielsen
Mira Vujovic	Louise Raymond
Kathy Fowler	Jonathan Romyn
Janet Owens	Frank Nieriesel
Janet Fisher	Chandra Rozema
Don Hardcastle	Jill Callaghan
Chico Silvestri	Jeff Bumstead
John Norlock	Ryan Lehner
Pam Krokosynski	Ani Montgomery
Brendan Glass	Ken Flynn

## ASK A PRACTITIONER

Q: "What can Chiropractic do for weight loss?"

A: Proper nutrition and caloric balance are essential when trying to keep this year's resolution to lose weight. Nevertheless Chiropractors do great work with another critical component: exercise! While physical activity puts biomechanical stress on joints, muscles and nerve tissue - Chiropractic assists the body in dealing with this and maximizes your workouts. Don't be shy—ask for advice on proper technique and training protocols - Chiropractors are knowledgeable in these areas too! Never underestimate that weight loss itself alters the distribution of forces and a body has to adapt to its new shape. Chiropractic treatment, advice and even custom orthotics can make exercise enjoyable, effective and goal reaching. Ask Drs. Chris and Jeff for more information!

## WELLNESS NOTES

When I came in for a recent Chiropractic visit, I wasn't myself. I was stressed and didn't sleep the night before - not because of pain but because I was anxious and worried about my husband. He was to undergo some hospital procedure called an angiogram and I had a lot of questions and concerns. Dr. Chris took the time to listen to me and then explain how and why this procedure was done. He even brought out some anatomy books so I could get a clearer understanding of the heart and its blood supply. We even talked about potential problems and treatments that a Cardiologist might recommend depending on the outcome of this study. Chiropractors certainly are current and know a lot more about the body than just the spine!

Thanks Dr. Chris!

### **CENTRE PRACTITIONERS**

#### **Chiropractors**

Dr. Jeff Goldsworthy, HBSc. D.C.  
Dr. Chris Reinhardt, D.C.

#### **Massage Therapy**

Kyle Devitt, R.M.T.  
Kathy Schenk, R.M.T.

#### **Shiatsu Therapist**

Tara Blain, CST

#### **Naturopathic Doctor**

Robin Walsh, N.D.

#### **Kinesiologist**

Betty Ann Schnurr

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