



Maintaining our Wellness

All of us age over time and it usually takes a wake-up call to understand when we haven't been maintaining our wellness. For me as I enjoy my forties, I found out that regular exercise needed to become a higher importance in my life if I wanted to continue the level of activity I was performing. Life became "busy" with family and work, and I found myself not maintaining my level of fitness. Most of the time we stop doing something that is good for us because something else gets in the way or a different habit is formed.

The hardest part of maintaining our wellness is you don't always see the results. You can't see the issues that you avoided by keeping yourself well instead of waiting for the check engine light to turn on again. To make it worse the body is extremely good at adapting, until it can't and then it throws the anchor over the side and stops the ship.

It seems easy to maintain our wellness by eating right, getting some exercise, managing our stress levels, and getting an adjustment. In my head when I see each of these topics there is a massive flow chart of what to do and what not to do. So, I find the best way is to cultivate habits you can sustain for a long time; not "get rich quick" ideas that will come and go. It's why

I like to keep my long-term patients on the same frequency and day so they cultivate a habit we can sustain.



Next, I feel we all need motivation to keep these habits going day in and day out. Instead of thinking about what we are trying to prevent that may be bad we should think about what we want to be able to do later. One of my favorite things to do is go hiking in the mountains and that dream of continually being able to go hiking is what motivates me to stay well. I even pay my kids to work out before we go on vacation to Colorado so they will perform well on the hikes I enjoy. So, I encourage you to think about the future and cultivate habits that will meet the dreams you have.

This month's recipient of our giving back campaign is Reformation at the Crossroads which is a favorite of Kristine and Brent B.

During the month of June all new patients will receive a full exam and any x-rays needed for \$55. All the proceeds will be donated to Reformation at the Crossroads. Please help spread the word so we can raise as much as possible.

Government funded insurance carriers not included.



Reformation
AT THE
CROSSROADS.

We are an organization founded on Biblical principles which empowers addicted/wounded women with hope, love, and freedom to effect the transformation of their minds, bodies, and spirits to create permanent life change.

Fundraiser

Saturday 6/24 11am-2pm

41st and Cumming

Raffle! Food! Fun!