



## Deskercise: Move More During Your Workday



Sitting at a desk all day can lead to a sedentary lifestyle, but there are ways to incorporate movement. Here's how!

**Take frequent breaks.** Stand up and walk around for a few minutes every hour. This can help improve circulation and prevent stiffness in your joints. Consider using a standing desk or an adjustable desk that allows you to switch between sitting and standing.

**Include stretching and exercises in your day.** Simple movements like shoulder rolls, neck stretches, and leg extensions can help loosen up your muscles and prevent tightness. Additionally, you can use resistance bands or small weights to do arm and shoulder exercises while sitting.

**Take a walk during your lunch break.** Walking not only adds movement but also helps improve mental clarity and focus.

## Relieving Sciatic Nerve Pain Naturally

Sciatic nerve pain is a common condition that affects millions of people. The pain is caused by the compression or irritation of the sciatic nerve, which is the longest nerve in the body. While there are medical treatments available for sciatic nerve pain, there are also natural remedies that may help relieve symptoms.

One of the most effective natural remedies for sciatic nerve pain is stretching. Gentle stretches that target the lower back and hips can help to alleviate pressure on the sciatic nerve and reduce pain. Yoga and Pilates are great options for incorporating stretching into your routine.

Another natural remedy for sciatic nerve pain is massage therapy. Massage can help to improve circulation, reduce inflammation, and relieve tension in the muscles. Additionally, acupuncture and chiropractic care may provide relief by addressing the root cause of the pain.

Incorporating anti-inflammatory foods into your diet, such as turmeric, ginger, and omega-3 fatty acids, can also help to reduce inflammation, which may improve pain.



## Tips for Living Longer, Healthier Lives



Who doesn't want to live a longer, healthier life? Fortunately, there are several natural, scientifically proven ways that you can!

One of the most effective ways to live longer and healthier is to maintain a healthy diet. Eating a diet rich in fruits, vegetables, whole grains, and lean protein can help to reduce the risk of chronic diseases and promote overall health.

Another natural way to improve longevity is to stay physically active. Regular exercise has been shown to improve cardiovascular health, reduce the risk of chronic diseases, and improve mental health. If you need help moving easier, our team may be able to help with focused chiropractic adjustments.

Maintaining social connections and pursuing meaningful activities can also promote health and longevity. Studies have shown that people who have strong social networks and engage in activities they enjoy are more likely to live longer, healthier lives.