



3 Common Causes of Tense Muscles



At some point in our lives, each and every one of us has experienced tight or tense muscles. In fact, somewhere in your body at this very moment there's probably a tense muscle. But what's the cause? There are a few common culprits that we see in the practice frequently, including:

- 1. Stress.** In today's world, stress is around every corner. This high rate of exposure can lead to muscles typically in the back, shoulders and neck feeling tense frequently.
- 2. Dehydration.** Feel like you've got a thirst you can't quench? You might be dehydrated. In addition to dehydration, electrolyte deficiency can cause muscle cramps and tightness.
- 3. Medical conditions.** Problems with the thyroid can cause muscle pain, weakness and even spasms.

If you're tired of tense muscles, chiropractic may help. Contact us for an appointment.

Which Exercise is Best?

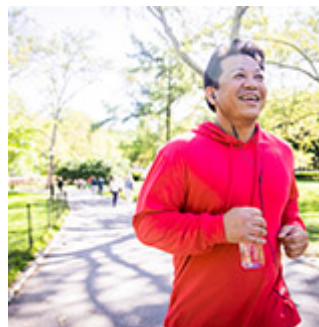
With so many exercise options, it can be hard to figure out what type is right for you. As long as your movement of choice is hitting all four categories below, you're doing great!

Your heart rate and breathing are elevated. Aerobic exercise is an important part of working out as it can help lower blood sugar, reduce inflammation and relax blood vessel walls.

You're using your muscles. Regular strength training should be incorporated into your workouts—but that doesn't have to mean lifting heavy weights. Squats are a great way to engage your muscles.

You make time for stretching. Keeping our muscles and tendons limber leads to increased flexibility as we age, making movement easier.

You're working on your balance. Making balance a part of your exercise routine is ideal for long-term health as your risk of falls will be diminished. You can work balance exercises into your routine by standing on one leg and lifting the other 10 times. Repeat as needed.



Celebrating World Health Day



Did you know that April 7th is World Health Day? This year, the World Health Organization (WHO) is committing to building a fairer, healthier world.

At Aligned Family Chiropractic, we're committed to providing you with the care you need when you need it most.

Wondering what you can do to build a healthier, happier community and world?

Here are a few ideas:

- **Connect with people in your community.** Attend local government meetings and voice your opinion on matters you believe in.
- **Volunteer at a local hospital** (if it's safe to do so).
- **Educate yourself.** Uncover facts about your own area and developing parts of the world in WHO's annual statistics report.
- **Nourish your own body—change begins with you.** Teach your family healthy habits that can be shared and passed on.