



## Overcoming a Sedentary Life with Chiropractic



The past year brought inactivity to every household around the globe. As things slowed down and we stayed inside, our activity levels plummeted. And while many of us found new hobbies, interests, and television shows to help pass the time, it's important to remember that our body was made to move.

Living a sedentary life is risky and can lead to things like weight gain, loss of muscle, inflammation, reduced blood circulation and even a lower metabolism or hormonal imbalance. The less you move, the more pain you may feel—especially in your back. That's because things like over-sitting may cause weaker back muscles and put excess pressure on discs, not to mention pinched nerves.

If you're ready to add safe activity back into your life, start small by incorporating stretches into your morning routine. Set hourly reminders on your phone to get up and walk around the house. If you're dealing with back pain, contact us to find some relief.

## 3 Tips for Beating Knee Pain

While knee pain might be common, it shouldn't be running your life. Here are a few helpful tips for combatting knee pain and getting back to living the life you love.

1. For a new knee injury, remember to pay the PRICE — that's protection, rest, ice, compression and elevation. This can be especially helpful for a sprain or soft tissue injury. Protect your knee with a brace if needed, rest adequately, apply ice and compression when needed, and elevate the injury slightly.

2. Watch your posture. Sitting in chairs and couches that you "sink" into can cause added strain on your knees. You'll also want to move gently and frequently as over-sitting can cause tender joints to stiffen.

3. Book a visit with us. We'll do our best to craft a custom care plan that puts you on the road to recovery.



## Rainbow Foods to Boost Your Health



Plant-based food isn't just healthy...it's pretty to look at, too! If you're looking for ways to brighten up your plate (and diet) with foods that are jam-packed with nutrients, consider eating the rainbow with these healthy vegetables.

**Red:** Radishes are high in calcium and potassium, not to mention rich in antioxidants.

**Orange:** Crunchy or cooked, carrots are an excellent source of beta carotene and fiber.

**Yellow:** Golden beets are low in calories and may help improve digestive health.

**Green:** Rich in Vitamin K, dark and leafy watercress can be tossed into a salad or blended into a soup.

**Blue and purple:** Eggplant is an excellent source of magnesium and Vitamin B6, and a perfect pasta substitute in your favorite Italian dish.