



How to Make Nature Your Gym



This time of year, gym attendance is typically at a high as folks set out to get healthier after the holiday season. Visiting a crowded gym isn't the only option for achieving your physical health goals. Prefer the great outdoors? Here are some ideas for getting exercise outside.

Walking: Walking helps improve blood pressure while strengthening your legs and core, not to mention may offer beautiful stress-reducing sights.

Biking: Work on your heart health in the winter or summer—just make sure you've got the proper tires for the terrain.

Trail running: Strengthen your legs, hips, and improve bone density by running. Bonus—trail running may also be easier on your joints versus pavement.

Skiing: Both water skiing and snow skiing are excellent cardiovascular workouts that can help you drop some weight.

Slacklining: This full body workout is great for improving balance, posture, and core strength, and requires just two trees.

5 Ways to Avoid Back Pain

What's better than correcting pain? Stopping it in the first place! Here's how you can prevent back pain:

1. Exercise more. Physical activity can actually help reduce inflammation in the body.
2. Analyze your desk chair. A chair you spend a lot of time in should have low-back support and be angled at roughly 110 degrees.
3. Ditch the skinny jeans. Clothing that is too tight can interfere with walking, sitting, and bending.
4. Don't sit on stuffed pockets. Carry your wallet in your pants? Remove it from your back pocket before sitting.
5. Carry a briefcase or handbag with an adjustable strap and wear it over your shoulder for better weight distribution.

Of course, we're here for you when prevention fails. If you're in need of an adjustment, give us a call.



3 Ways to Stick to Your New Year's Resolution



It's been a full month, and 2022 is in full swing. So, how is your New Year's resolution going? If you're finding your resolution hard to stick to, don't give up just yet.

Here are a few ideas to help you continue working on your goals without them feeling like a burden.

1. Focus on the future by looking at your past. This will help you identify common themes that help you stick to your goals. Analyze a past goal to identify why it did or didn't work. When you know what worked and what didn't, you can develop a new approach this time around.
2. Make your goal a habit. Did you know that research suggests 40% of what we do each day is due to habits? If there's a certain time of day that works to check-in on your goal or work toward it, set an alarm on your phone as a reminder.
3. Celebrate your progress. Who doesn't love a small reward? For example, if you've set an exercise goal to workout 4 days each week, reward yourself after every sweat session instead of waiting to celebrate. After all, it's the little things that make up the big things!