



New Year's Resolutions To Reduce Back Pain



The New Year is the perfect time to start making positive changes to your lifestyle and reduce back pain. Here are some ideas for New Year's resolutions that will help you take better care of your back:

Improve your posture - Be conscious of how you're sitting and standing throughout the day. Poor posture can lead to increased strain on your spine.

Exercise regularly - Exercising can help strengthen your back muscles, improve flexibility and reduce any inflammation or pain.

Stretch daily - Stretching can help to improve the flexibility in your back muscles and reduce any potential pain.

Get adequate rest - When your body is tired and overworked, it can be more prone to pain and inflammation.

Visit our practice - We'd love to help you with a custom care plan designed to help get you out of pain and into life.

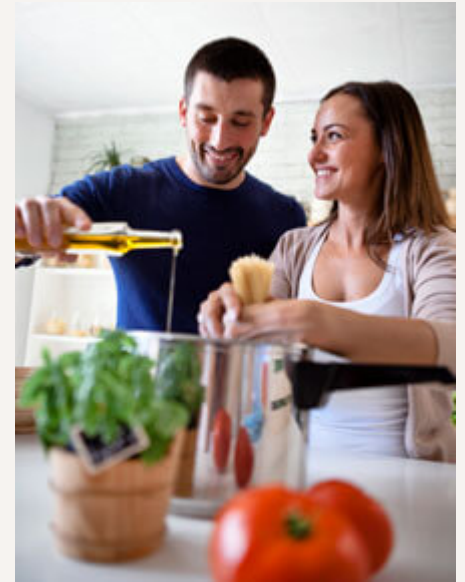
Easy Healthy Habits to Add to Your Day

Adding small, healthy habits into your day is an easy way to take better care of your body and improve your overall health. Here are three simple yet effective ways you can start taking care of yourself, reducing strain on your back and improving flexibility:

- Take short walking breaks. A 10-minute walk can help to release tension and stretch out your spine, reducing any potential pain.
- Drink plenty of water – Dehydration can cause increased muscle tightness which may lead to more severe pain. Make sure you drink at least eight glasses of water a day.
- Sleep on your back – It may be difficult to adjust to sleeping on your back, but it can reduce pressure on your spine and help you wake up feeling more rested. Invest in a good quality mattress and pillow that will provide you with the right amount of support.



Smile More This Year



As your partner in natural health, it's no secret that we want you to feel great-and that goes far beyond just relieving your pain. One of the best ways to ensure you smile more in 2023 is to engage in smile-inducing behaviors.

Here are 10 things you can do to make yourself (or someone you love) smile:

1. Give someone a compliment
2. Make a snack you loved as a child
3. Call a friend
4. Watch a sunrise or sunset
5. Clear your inbox
6. Listen to your favorite song
7. Give a hug
8. Celebrate your victories
9. Ask a friend to tell you a funny story
10. Play with a pet

In the new year, we wish you nothing but reasons to smile!