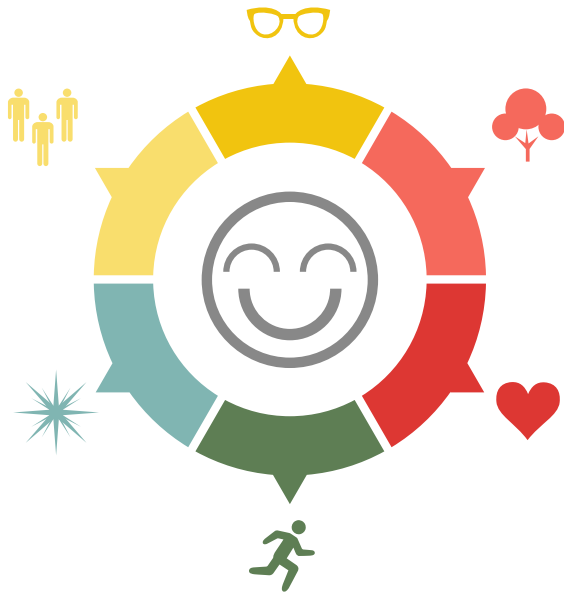


# HOW-TO RECHARGE YOUR HEALTH



## Refresh Your Health For The Best YOU!

Remember your health includes 6 parts and all 6 aspects need attention:



## GET REFRESHED!

### PHYSICAL



- visit your chiropractor
- eat nutritious
- get more sleep
- hydrate
- ditch the meds
- schedule health appointments

### EMOTIONAL



- stop worrying
- talk it out
- volunteer
- spread the love
- listen to your feelings

### MENTAL



- set an exciting goal
- take a break
- keep it positive
- get rid of stress
- do something you love

### SOCIAL



- plan something fun
- call an old friend
- get together
- contribute to the community
- avoid unhealthy friendships

### SPIRITUAL



- practice forgiveness
- evaluate your values
- find peace
- live with purpose
- judge less, love more
- focus on the good

### ENVIRONMENTAL



- keep clean
- enjoy the quiet
- use your good stuff
- surround yourself with beauty
- declutter your home
- spend time with good people

## Why do all of this?

Because our goal as your chiropractor is to help you achieve the best wellness possible. And to us, wellness includes taking care of all aspects of your health.

## GET STARTED!

*Sing at the top of your lungs, appreciate the sunset, count your blessings and enjoy them.  
Cheers to the new you!*