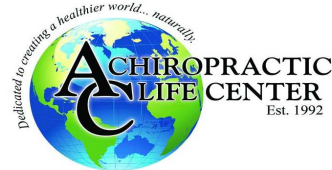




The Spinal Column



AC Chiropractic • 217 Scenic Hwy, 124 • Lawrenceville, GA 30046-5621
770-513-8922 www.acchiropractic.com

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Our New Year Challenge!

It's a New Year and you know what that means? Resolution time! This year can be different—Why not try a little challenge for yourself or better yet, make it a family affair. We know how busy you are, with the holidays just behind us and work piling up... but remember, exercise is a very important part of your health plan. The latest statistics say **if a person exercises regularly they are 50% less likely to get most diseases!** That's amazing! That means you are less susceptible to heart conditions, cancer, depression and even diabetes! Just by disciplining yourself to go out 4-5 times a week and get some exercise. So now is as good a time as any to get started or to add to your current exercise routine. **How to start?** Try walking 4-5 times a week for 20 minutes and slowly adding an extra 5 min. each week until you reach 45 minutes or more. Walk briskly. Or start swimming. There are many facilities with indoor pools. Just get off your lazy butt and start moving! It's important! When things stop moving, it's down hill from there. If you think about it, life is all about movement! Look at the planets. They all spin on an axis and rotate around the sun. If the earth stops spinning, the end is near. **When you get a subluxation, the vertebra stops moving. It gets stuck! Those vertebra in the spine then get arthritis and begin to die. The spinal nerves lose the ability to transmit messages and not only do they die, but the organs, cells and tissues associated with them die. So movement is the essence of life. If you are reading this newsletter you are probably staying adjusted to maintain good health, but there more you can do. Yes, Exercise! You'll be surprised at what a difference it can make in your entire well being. Go on challenge yourself!**



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Why do I have to exercise?

WHY? Exercise helps your muscle system to adapt to the changes that happen to your spine. The best way to think of exercise is liken it to the retainer you wear after you take your braces off. By strengthening the muscles that support your spine you remove the unwanted pressure on the joints and allow those joints to function normally, reducing abnormal wear which is called arthritis. Need some more reasons? Here you go:

- Helps stabilize your spinal column.
- Ability to prevent osteoporosis as you age.
- A better working cardiovascular system that minimizes your risk of heart problems in the future.
- Releases toxins from your body keeping your systems cleaner to run more efficiently.
- Reduces stress produced by your lifestyle, work, environment.
- Reduces fat cells that form in your body

keeping you lighter on your feet which decreases extra stress to the joints

- Replaces the need for all the crazy diet fads you have tried over the years.
- Releases proper chemicals in the body to allow the body to function in harmony and be more efficient.
- It allows for better mind body relationship enabling the body to have better brain performance, improving memory
- Improves the ability to sleep and produce better moods.
- Improves flexibility and allows for the spine to work better reducing subluxation.

We could go on and on, but the reality is it's up to you. It only takes a couple hours a week and for some of you that just means laying off your computer a little at night. Instead of surfing the web, try to surf the treadmill or stationary bike, (that "clothes hanger" that used to be your workout equipment) So, let's get moving!



Patient Spotlight

Meet Tracy Weller

My name is Tracy Weller. I am a certified personal trainer out of my home based gym, **All About U Fitness**, located in Loganville. In addition to being a National Level Competitor of body building, I am a mother of two; a 19 year old daughter and a 10 year old son. My husband, Doug, and family are patients of AC Chiropractic.



I have been training clients and creating positive changes in others for over 2 years. Whether your goals are to lose weight, clean up your diet or maintain a healthy weight while increasing muscle tone, I can assist you in accomplishing your goals.

Don't wait another day ... Now is the time to start off your new year by making yourself a priority. For the month of January, I am offering special of \$12 per 1/2 hour personal training session. (This special price is good for one session per week, as space permits, so hurry, the slots will fill up fast!) I look forward to helping you with your training goals! Tracy~

To schedule, call Tracy directly at **404-587-1374.**

Don't forget to mention that you are a patient at AC.

2012 Special for AC Chiro patients: Just \$12.00 per training session

