

Exercise better this summer... go green!

We all know exercise is good for us, right? What if exercising outdoors is even better? Turns out, that's the case! Recent studies have shown that there are specific, additional benefits to exercising outdoors. Exercising 'green' or while in an outdoor setting can promote higher levels of energy, while also lowering tension, anger, and even depression.

Now that we're officially into summer, focus on getting outdoors to gain some of the additional benefits you get simply by doing what you do now—outside. But be smart! Be careful to **choose early morning or late afternoon times when it's cooler**, (watch the heat index) and **stay hydrated** to prevent heat exhaustion.

In spite of a recent sedentary trend, kids DO prefer to play outside—they know how much better it feels. Our modern world makes it too easy to spend our time inside, but there's so much more going on outside than we imagine! Plus, it offers a greater positive impact on your mood.

Whether you take a 10-minute walk to the park or run a few miles after work, what matters is that you get outside and experience the outdoors. Mom was right, "fresh air WILL do you some good".



Exercising outdoors offers endless possibilities. No longer are you tied to a specific gym or location. Outside, you can enjoy a variety of workouts with the change in natural terrain and weather. It can also help re-focus your mind as it takes in the new and changing scenery. (unless, of course, you like staring at the same wall)

This summer, whether you are working out inside or out, **a routine schedule of chiropractic care should be part of your regime**. Keeping your spine in proper alignment reduces your chance of injury and keeps your body operating at its fullest potential.

Lighten your Child's Load! ABC's for Parents

- A. **Adjustable**—Choose a lightweight backpack with two wide, padded adjustable shoulder straps and lumbar support for a proper fit. Pack should be no more than 4 inches below the waist.
- B. **Balanced pack**—Pack only necessary items and place heavier things in first to help distribute weight evenly. Limit weight to 15% or less of body weight.
- C. **Carry a Load that is no more than 15% of your child's weight**. Use both straps—do not sling the backpack over one shoulder.

Backpack Safety Days

Monday, **July 11th** 4pm-7pm

Thursday, **July 14th** 10am-1pm

Bring your child in to the office and "WEIGH IN" to see how much he/she can safely carry on their backs! Be smart and help prevent future back injury!



Enter to WIN a new backpack!

Recipe of the Month

Basil Pesto

- 2 cups packed fresh basil leaves
- 1/4 cup walnut pieces, toasted (see Tip below)
- 1/4 cup grated Parmigiano-Reggiano cheese
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons water
- 1 large clove garlic, quartered
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper

Preparation:

Place basil, walnuts, Parmigiano-Reggiano, oil, water, garlic, salt and pepper in a food processor; pulse a few times, then process until fairly smooth, or to the desired consistency, scraping down the sides occasionally.

Serving Ideas: Serve over your favorite pasta or grilled chicken.

Tip: To toast walnuts: Spread on a baking sheet and bake at 350 degrees F, stirring occasionally, until fragrant and lightly browned, 7 to 9 minutes. (Pine nuts, almonds or pecans can also be used)

Celebrate the freedom to choose health!
Choose Chiropractic!



Supplement of the Month: 10% OFF
Lact-Enz combines digestive enzymes with probiotic bacteria to support healthy digestion and immune function. On sale through July 31st!