



The Spinal Column



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It's Summer. Get moving!

Now that summer is almost here, it's time to get outside and get moving. Find a physical activity you enjoy and can stick with—or mix up a variety of things you like to do to avoid boredom. One of the easiest things to do is take a walk. You can go any time, anywhere, and there's no equipment necessary—just you and the outdoors. Walking helps slow down life, a life that for many of us is easy too busy and fast paced. Walking with a friend or family member can be a great way to stay connected.

A recent article in *Prevention* magazine stated that walking gives you energy, works out your heart and abdomen and can lower your risk of diabetes, or help manage it. Of course, this means a brisk walk for at least 30 minutes. Finding the time and motivation is sometimes a challenge.



walking for 30 minutes a day can help reduce your risk for heart disease and diabetes. What are you waiting for?

However, choosing a time when temperatures are lower, in early morning or evening, are best. Walking during a lunch hour can be convenient and provides a little break from the office, too. Spring & summer are beautiful seasons for walking. Get outside and take in the new air and colors. Rediscover the art of walking, it's good for your health, so get moving!

New Yoga Summer Schedule

Wed 6:30pm, Wed 8pm & Sat 10am

Starting Wed., June 10th, there will be a NEW Yoga series for the summer. This "Fitness Yoga" class will be held on **Wed. nights at 8pm** for 6 consecutive sessions focusing on different areas of the body:

- 6/10 - Part 1 Core
- 6/17 - Part 2 Upper Body
- 6/24 - Part 3 Balance
- 7/8 - Part 4 Flow
- 7/15 - Part 5 Detoxify
- 7/22 - Part 6 Integrate

You may come to one class, or try them all. As an added incentive, we are offering a **special**

price of \$54 for the entire SIX class series.

Flexibility is an important part of overall wellness. It reduces the risk of injury and increases our mobility. June is a great time to try a YOGA class. Sign up at the front desk today.

Recipe of the Month

Mango Chicken

- 1/4 C Worcestershire sauce
- 1 tablespoon soy sauce
- 2 teaspoon adobe sauce (from canned chipotle chilies)
- 2 limes
- 4 boneless, skinless chicken breasts
- 1 large mango, coarsely chopped
- 1 tablespoon finely chopped cilantro
- 1 tablespoon finely chopped onion
- 4 white corn tortillas

PREPARATION

Mix Worcestershire, soy and adobe sauces with juice from one lime in a bowl. Place chicken in a sealable plastic bag and pour in marinade. Refrigerate 30 minutes. Heat oven to 350 degrees (or light Grill). Combine mango, cilantro, onion, salt and juice from other lime in a bowl, then refrigerate. Transfer chicken and marinade to a baking dish and cook until tender and no longer pink (or GRILL outdoors!) Remove chicken and serve with mango salsa and warmed tortilla. Garnish with lime (optional). Enjoy!

Wellness Tip

Keeping hydrated is very important - especially in the hot summer months. Each day you should drink half of your body weight in ounces of water. (ie; a person weighing 140 lbs. should drink about 70 oz. of water daily) Got water?