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# ASCEND NEWSLETTER

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Think Well | Be Well | Eat Well | Move Well | Live Well

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Welcome to the Ascend Chiropractic and Wellness Newsletter! We're very excited to create this monthly newsletter for our community members. We want our community to achieve optimal wellness, which entails more than just chiropractic care. We hope to educate and motivate everyone towards healthy decisions to live a happy and healthy life.

## 3 Healthy Habits to Start Now

To lengthen your days and improve their quality, healthy habits win the day. It's never too late to change old habits and create new ones for yourself. You might as well start now, because there's no time like the present! Here are 3 healthy habits to integrate into your lifestyle:

### **Turn from Relaxation to Physical Activity**

Becoming fit and benefiting your mind aren't mutually exclusive... They are actually complementary of each other! Physical activity releases endorphins in the brain that relieve tension and cope with stress, boost your mood, and improve motivation and concentration. Find enjoyable physical activity for yourself and use it as your new form of relaxation.

### **Practice Preventative Health**

For maximum wellness, it is better to take action before it turns into a reaction. A regular routine of sitting at a computer, shouldering responsibilities at your job, and spending time on freeways does not positively affect the shape and condition of your spine. Chiropractic adjustments to your spine can correct damaging postural positions and relieve chronic pain. If it's been awhile since you've seen Dr. Dan, don't hesitate to schedule an appointment and take action on your health!

### **Regulate Bed Times**

While it's important to get 7-9 hours of sleep a day, it's also very important to stick to a consistent sleep routine. When you establish a regular sleep pattern, it allows your circadian rhythm to operate at its peak. This helps you gently wake up and have energy throughout the day, instead of pressing the snooze button a couple times and continually feeling groggy throughout the day.

# THANK YOU

Happy early Thanksgiving! We should always take time to be grateful, but Thanksgiving is a good reminder to do this. We would like to take the time to thank you all for being wonderful patients. It's always a joy to see your smiling faces and chat with you at each appointment! We appreciate your passion to take care of your health and we are happy to play a role in that. Thank you for choosing Ascend Chiropractic and have a great Thanksgiving!

## Tip of the Month

If you're stuck behind a desk at work for long periods of time, make sure you aren't sitting still the whole time. Sometimes, it may be hard to find time to get up and move, but there are ways you can still help your body out. Here are a couple desk stretches to try a few times throughout the day!

Knee Pump



Cross your leg and gently push down on your knee, stretching the glutes. Remember to exhale slowly while pushing down. Switch legs.

Touch the Sky



Interlock both hands together, and try your best to touch the sky with palms facing the ceiling. Hold for 10 seconds.

**Sign up for an appointment today at:**

**[ascendchiropracticmn.com](http://ascendchiropracticmn.com)**

**or call:**

**952-300-2050**