
ASCEND NEWSLETTER

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



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.

Celebrate Healthy Aging Month!

September just got better! National Healthy Aging Month celebrates the positive aspects of growing older and focuses on taking personal responsibility in your own health. This is a great time to start integrating creative ways to live with better health. Healthy Aging® shares helpful tips and ways to celebrate this month. You can visit healthyaging.net for the complete article, but here are a few tips to take action on your health and celebrate this month accordingly:

1. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.
2. Distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too.
3. Start walking not only for your health, but to see the neighbors. Don't be shy to start conversations with others and build new relationships!
4. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

Don't let this be the only month to start making healthier decisions for yourself. Continue to take care of yourself physically, emotionally, and mentally. Getting treated at Ascend is a great way to do this, but you can always do more to constantly improve your health. Keep life interesting and keep it healthy!

Text Neck is Real!

As you're sitting at home on your tablet, or on the bus on your phone, where is your head at? Try not to have your head tilted downward to look at your screen. When you look downward for extended periods of time, this overuses your neck and shoulder muscles and causes strain on your spine. This can lead to problems like neck pain and headaches. To avoid "text neck", prop your tablet on a surface that is eye level and hold your phone higher so you are using your eyes to look down at it instead of your neck. Don't let technology be a pain in the neck!

Tip of the Month

Is crossing your legs a habit for you? This sitting posture can create pressure on your lower back. To reduce this pressure, sit with both feet parallel and planted firmly on the ground. If your feet don't reach the ground, use a box or foot rest to prop them up.



Sign up for an appointment today at:

ascendchiropracticmn.com

or call:

952-300-2050