
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.

Workout Tools to Incorporate into Your Fitness

There are tons of resources that can guide you through your fitness journey. Whether it's equipment, trainers, therapies, or workout apps, there are ways to help you reach your peak physical fitness. Here are several tools we recommend to help you reach your personal fitness goals:

Foam Roller: Using this on your muscles helps ease the tightness and improve circulation. Foam-rolling after a workout optimizes recovery, and foam-rolling regularly is great for removing knots that limit your range of motion. Here is a link with an article that gives you basic foam-roll exercises: <https://www.oxygenmag.com/training/8-foam-roller-exercises-8595>

Resistance Bands: These can be used as a substitute for exercises that require weights. Plus, they are much less bulky and easier to handle than weights. You can view this link: <https://www.shape.com/fitness/workouts/total-body-sculpting-resistance-band-workout> to see the multiple kinds of exercises you can do with resistance bands.

Chiropractic: Combined with exercise, chiropractic can alleviate aches and pains, encourage your muscles to heal post workout, and improve the health of your nervous system, which improves overall body function.

Massage: Working out with tired muscles increases risk of injury and negatively affects your personal performance and rate of improvement. Massage is a great resource to help your muscles have a healthy recovery. A deep-tissue massage can decrease muscle tension, lower blood pressure, and improve your range of motion.

Preventing Injuries from Physical Labor

As spring comes around and you start your yard work, renovations, or summer projects, it's important you proceed with caution and don't injure yourself during physical labor. Some factors of physical labor that create injuries include repetitive motions, awkward positions, higher risk of falling/slipping, and forceful exertions. To avoid having these factors cause injuries, we have a few tips for you! First, pay attention to your posture. Are you hunched while pulling those weeds? Second, use your back as little as possible when lifting and moving objects. Don't twist when moving objects and make sure to lift with your legs and the object close to your body. Last, stretch! Take breaks throughout the labor to loosen ligaments and prevent wear and tear.

Tip of the Month

With the warm weather we've been having (that hopefully isn't interrupted by anymore snow storms), it's hard to stay inside and not enjoy the outdoors. There are lots of different activities we could talk about to do outside, but this month's tip is focused for those with lower back restraints. Two activities we recommend for those with lower back pain are walking and bicycling. These are low impact on the back, but still provide the daily activity your body needs. It's time to take advantage of the nice weather and get outside and move!

Sign up for an appointment today at:

ascendchiropracticmn.com

or call:

952-300-2050