

AFW Happenings Summer 2018

Newsletter

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A 3 step approach to maintaining a healthy lifestyle

Eating well

In recent years there has been the evolution of so many new diets and so many “fad diets”.

Eating well versus dieting is much more sustainable to overall health because the body requires a balanced intake of carbohydrates, meats, vegetables and fruits. The safest most effective way to prevent excess weight gain is to monitor caloric intake versus expenditure. This coupled with a balanced intake of all 4 major food groups can prevent many nutritional deficiencies.

Exercise frequently

The human body was designed to move. Periodic exercise can help prevent many health issues such as heart disease, muscle and bone deterioration, mental health illness, weight gain, mood and energy levels.

Not all of us are designed to be gym rats or marathon runners, however, a simple well designed exercise program can be tailored to each individual to maximize our strengths and eliminate our weaknesses. AFW can help design the right plan for you to promote healthy well-being.

Proper care

At some point the human body requires additional maintenance. Regardless of how well we eat, sleep, exercise and maintain our bodies, sometimes an additional health modality is required. Basically a tune up to prevent other components of the body from breaking down.

Maintenance chiropractic and massage therapy helps to establish preventative health care so the pain cycle and or symptom cycle is decreased. Finding the best plan of action is what we try to do here at AFW to help in that process.



Airdrie
Family Wellness

Summer draw!

For our summer patient appreciation draw we are giving away 2 prizes! One will be a free 60 minute massage and the other will be a \$100 pre-paid gift card.

Good luck to everyone!



Why the weight scale is a bad idea?

1. The human body is a complex machine. There are things going in, coming out, converting and dispersing all of the time. Depending what you ate the night before, sodium content, water, your weight can fluctuate as quick as the stock market.

2. Muscle weighs more than fat. So by hitting the weights and packing on lean muscle, you will find you look better, but weigh the same. Don't worry, the scale can lie!



Are You Sitting in the Correct Posture While Driving?

We always seem to talk about posture while working at our desks, on our phones, sleeping and sitting on the sofa. But what about driving?

Poor posture while driving can lead to headaches, sciatica, tight shoulders and of course, low back pain.

To prevent these from occurring be sure to adjust your seat to a level that does not impair vision while keeping the pelvis neutral. This means you are not slouching and the shoulders are not rounded. Another key tip is, allow your neck to rest against the neck rest position of the seat. It is there, so you might as well use it for what it was designed for instead of allowing the neck to hinge forward.