



JANUARY '18

WELLNESS LETTER

Dear Patients and Friends,

Another year in the books! Hopefully everyone had a great holiday season and had a chance to reflect on 2017!

Every year at this time people make resolutions that never survive beyond February! So don't bother wasting your time on this activity.

Instead I would encourage you to pick 1 or 2 things that you can work on this year to become healthier. Again, a long list doesn't work so pick just 1 or 2 things that if you implemented them every day for the next year you would be amazed at how much better you feel by the end of 2018. Then do them for life!

Here's a list of some simple ideas to consider:

Get adjusted regularly to ensure your nerve system is serving you at your highest potential.

Drink more water.

Give up soda.

Go to bed earlier (and without electronic devices) and get up earlier consistently.

Strive to hit 10,000 steps per day. *Get a Fit Bit or other tracker to help you measure this.

Cut back on your carbs. No bread lunches. No bagel breakfasts.

Walk on your lunch hour or walk or bike to work.

Choose an outdoor hobby as a family: biking, hiking, kayaking.

Start every day with exercise so nothing else during the day interferes with your exercise time.

Literally this list could go on and on. All are simple, yet effective ways to improve your health. So take a moment and write down a few ideas of your own that might interest you and then decide what best fits your lifestyle.

I also encourage you to share with us (confidentially) either via email, calling the office or personal message us on our Port City Chiropractic, P.C. Facebook account what topics you would like more information on in the coming year. This will help us to continue to bring you relevant information that can help you improve your health potential and lead an active lifestyle. We've got some exciting things planned so be sure to follow us on Facebook!

My staff and I wish you a healthy and happy 2018!

Make it a great day!

Dr. Ed

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