



Foundation
CHIROPRACTIC CLINIC

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FOUNDATION NEWS

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Special points of interest:

- > **May is National Correct Posture Month**
- > **Posture Strengthening Exercises**
- > **Choose Smart Posture Habits**
- > **How Much Exercise Is Enough Exercise?**



May is National Correct Posture Month: Did You Do Your Posture Exercise Today?

May is National Correct Posture Month, so take a look at how hours of computer hunching, slouching while cell phone texting and video-game slumping is affecting your posture. It's not just kids with backpacks or cane-carrying seniors---studies show poor posture is a major cause of back and neck pain for all ages, and over time often contributes to digestive and cardiopulmonary problems. The good news: there are easy things people can do to strengthen posture.

mirror to cheat!). Print out the pictures, one to a sheet. Next, put a dot between your feet on the front and back view, and on your ankle on the side view, and then fold each paper in half vertically, neatly at the dot.

FRONT & BACK VIEW: The two halves of your body should be the same. If your head and/or torso is off to one side, or your arms are hanging differently (one hand is lower or further from the body than the other), your posture is not symmetrical.

SIDE VIEW: The line from your ankle should pass thru your shoulder and ear. If your head is way forward of that line, you may have a posture distortion called Forward Head Posture (FHP).

File your posture picture where you can find it. Next year take another posture picture to note any changes.

Take a Posture Picture

The first step to improving posture is finding out what your posture looks like. Dr. Steven Weiniger, author of *Stand Taller~Live Longer, An Anti-Aging Strategy: 10 Minutes a Day to Keep Your Body Active and Pain-Free*, suggests this easy way to check your posture with any digital camera:

Have a friend take 3 pictures of you: from the front, back, and side. Stand straight and tall when they take the picture, with what feels like good posture (No looking in a

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Do Posture Strengthening Exercises

All exercise is not created equal. Exercising with poor posture can train you to stand and move poorly. Yoga, Tai-Chi and Pilates are all great for building body awareness and control. According to Dr. Weiniger, a smart way to exercise efficiently and get the most out of any workout is with a pre-exercise "Posture Break" to set your internal baseline. Before taking a walk or hitting the gym

Dr. Weiniger recommends these posture strengthening exercises: **STORK-** Train yourself to stand tall while building good posture by balancing on one foot. First, stand tall with your best posture, and then keep straight as you lift your thigh so your knee is at hip height. Keep standing tall for 30 seconds on each side, focusing on keeping your body well aligned. **WALLSTAND-** Back up to a wall so your heels, buttocks,

shoulders and head all lightly touch the wall while you keep everything level, relaxed and aligned-- and take 3 slow breaths, feeling your body's best posture. Note: If you feel any areas of stress, get your posture checked by a professional.

Choose Smart Posture Habits

Get a good chair, and change it's position during the day. If you're going to play video-games, exercise more than your thumbs with games that make you move such as the Nintendo Wii or the new motion sensing Xbox Natal. Invest in quality shoes, and consider using a shoe insert or orthotic, especially if you've had foot or knee problems.

If you have back pain, neck soreness, or other posture problems--- or want to find out how strengthening your posture can improve sports performance (ie golf, tennis, baseball) and wellness-- help

is available. Consult a Certified Posture Exercise Professional, chiropractor, physical therapist or massage therapist trained to assess posture and teach individualized exercise routines for pain management and wellness.

Your posture is how the world sees you, and a bit of effort at strengthening your posture is an anti-aging habit to make you look and feel better, avoid injury and exercise effectively to stay active and age well.

Renee North is a Certified Posture Exercise Professional (CPEP) and personal trainer (NASM) who has trained thousands of professionals how to keep their patients and clients moving well with StrongPosture exercises. She is a senior editor for BodyZone.com, an online wellness resource which offers a national directory of posture professionals.

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**Importantly,
those who
exercise
regularly have a
significantly
decreased risk
of diseases**

How Much Exercise Is Enough Exercise?

Most of us would agree that we want to be as healthy as we can. Thanks to a steady barrage of commentary by talking heads on television and articles by "experts" in weekend editions of newspapers and magazines, most of us are aware that enjoying good health has a lot to do with specific habits of nutrition and exercise. The big challenge is to find enough time in the day to do all the things required to fulfill these habits. Part of this challenge is actually being willing to find the time to get all these things done in addition to everything else we have to do. Sometimes, on certain days, it may not be possible to find the time required. But good health is obtained over months and years and what's needed is a long-term plan to achieve goals of healthy nutrition and regular, vigorous exercise. A critical starting point is knowing your basic needs, that is, knowing the minimum requirements for good health.¹

Many studies have examined these minimum requirements, concluding that 30 minutes of vigorous exercise, five days per week, is sufficient to obtain multiple health benefits. For example, both the American Heart Association and the American College of Sports Medicine recommend 30 minutes of exercise, five days a week.² People who engage in such a con-

sistent exercise program find that they're not only fitter and trimmer, but they are sleeping better, have increased concentration during the day, and have an improved outlook on life. Importantly, those who exercise regularly have a significantly decreased risk of diseases such as type 2 diabetes, obesity, and cardiovascular disease.³ The long-term impact of exercise on our health is profound.

But there's a disconnect. Everybody knows that exercise is important. But almost three-quarters of adults do not get enough physical activity to meet public health recommendations. The immediate result is that almost two-thirds of American adults are overweight and almost one-third are obese. Worldwide, more than 1.4 billion adults are overweight.

The missing link is personal motivation and the key action step is to get started. Exercise has a way of carrying you along. Once you begin and successfully fight the battle of inertia and lethargy to make it through a couple of weeks of consistent, vigorous exercise, you'll find that you want to do it again the next day. The struggle to find time seems to fade into the background as you become a person who exercises. You'll likely discover that your life is being transformed in numerous, wonder-

ful ways.

Thirty minutes of exercise, five days a week, is the key. You can do more, of course, but meeting the minimum requirement is the main goal. The choice of exercise is up to you. There are no firm guidelines regarding what kinds of activities to do. For many a good approach is to mix and match, alternating cardiovascular days with strength training days. Cardiovascular exercise includes walking, running, swimming, cycling, and cross-country skiing. Similarly, strength training can be done in a variety of ways. Overall, there's no right formula to use in developing your personal exercise program - what works for you, works for you. What there is to focus on is getting it done - 30 minutes a day, five days a week.

¹Li J, Siegrist J: Physical activity and risk of cardiovascular disease--a meta-analysis of prospective cohort studies. *Int J Environ Res Public Health* 9 (2): 391-407, 2012

²Haskell WL, et al. Physical Activity and Public Health. Updated Recommendations for Adults from the American College of Sports Medicine and the American Heart Association. American Heart Association, 2007.

³Golbidi S, Laher I: Exercise and the cardiovascular system. *Cardiol Res Pract* 2012, Article ID 210852, 15 pages doi:10.1155/2012/210852

Chiropractic Care and Healthy Exercises

Regular chiropractic care is an important part of achieving our long-term goals for health, wellness, and well-being. In terms of participating in consistent, vigorous exercise, regular chiropractic care helps us stay on track by minimizing the chances of sustaining an exercise-related injury. Also, regular chiropractic care helps us get back to our exercise program as quickly as possible if we have, in fact, suffered a strain, sprain, or other injury while engaging in our exercise activities.

Many exercise-related injuries occur because muscles and tendons have become tight and joints such as the shoulder and knee have lost their full mobility. Spinal muscles and joints can also lose range of motion as a result of tightness and inflammation. By identifying and correcting the sources of irritation and limitation, regular chiropractic care helps ensure that you get the most out of the time you spend exercising.

If you cannot stand... exercise in a chair

Chair-bound exercises are ideal for people with lower body injuries or disabilities, those with weight problems or diabetes, and frail seniors looking to reduce their risk of falling. Cardiovascular and flexibility chair exercises can help improve posture and reduce back pain, while any chair exercise can help alleviate body sores caused by sitting in the same position for long periods. They're also a great way to squeeze in a workout while you're watching TV.

- If possible, choose a chair that allows you to keep your knees at 90 degrees when seated. If you're in a wheelchair, securely apply the brakes or otherwise immobilize the chair.
- Try to sit up tall while exercising and use your abs to maintain good posture.
- If you suffer from high blood pressure, check your blood pressure before exercising and avoid chair exercises that involve weights.
- Test your blood sugar before and after exercise if you take diabetes medication that can cause hypoglycemia (low blood sugar).

CHEF'S CORNER Broccoli Chicken Divan



Makes 6 servings

1 lb Fresh Broccoli
 1 1/2 Cups Cubed Chicken Breast
 1 Can Cream of Potato Soup
 1/3 Cup Milk
 1/2 Cup Shredded Cheese
 1 Tablespoon Butter (melted)
 2 Tablespoon Breadcrumbs (optional)

Directions

Preheat oven to 450 degrees F

1. Place the broccoli in a saucepan with enough water to cover. Bring to a boil, and cook 5 minutes, or until tender. Drain.
2. Place the cooked broccoli in a 9 inch pie plate. Top with the chicken. In a bowl, mix the soup and milk, and pour over the chicken. Sprinkle with Cheddar cheese. Mix the melted butter with the bread crumbs, and sprinkle over the cheese.

Bake in the preheated oven for 15 minutes, or until bubbly and lightly brown.

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Our commitment to detailed excellence provides our office with the integrity and reputation of going above and beyond normal healthcare service. If we do not know the answer to your question we will diligently search the scientific field for the answer. We have cultivated many outside professional relationships so when necessary we can refer you to the area's most revered and brilliant physicians or specialists. We strive to provide the most scientific and evidence-based care possible. By using the most advanced and state of the art equipment we help our patients reach their healthcare goals and maintain a high patient satisfaction rate. This, combined with our multidisciplinary approach to your health, makes our office unique. We want to help those who are sick or suffer with chronic back and neck pain by bringing only the most advanced and successful treatment protocols to our community.

We are on the web!

www.doctorjajuga.com

About some of our staff

Michael P. Jajuga, DC, CCSP

Dr. Jajuga received his Doctor of Chiropractic degree from National College of Chiropractic in Chicago in 1990. Since then he has continued a diligent regimen of clinical education that has resulted in his becoming an expert in the practice of Chiropractic. Dr. Jajuga is a specialist in spinal health injuries and has advanced training in whiplash/soft tissue injuries.

Through his commitment and dedication to healing, Dr. Jajuga is regarded as one of the leaders of chiropractic by his peers. He is a member of the American Chiropractic Association, Ohio State Chiropractic Association, and past president of Northwest Ohio Chiropractic Association. He also is a Back Injury Prevention Instructor, an occupational consultant, and has a Master's Certification in Whiplash/Soft-Tissue Injuries. Dr. Jajuga is also a Certified Chiropractic Sports Physician (CCSP), certified in Manipulation under Anesthesia, and is Board Eligible in Rehabilitation.

Sarah Damron LMT

Sarah is a graduate of the Statuzenberger College Massage Therapy Program. She is an Ohio State Medical Board Licensed Massage Therapist who specializes in Swedish Massage and pain relief techniques.

On a more personal note, she has taught and trained horses and riders for many years. Due to the physical demands of the horse training business, she turned to Massage Therapy early on in her career. If it had not been for massage, she says she would never had made it over 20 years in the horse training industry.

She finds great joy in continuing to teach and help people through massage.