



Whitby Chiropractic Centre

Health Newsletter – Fall 2010 Edition

The fall is now upon us

Beautiful colours and smells are everywhere. Mornings are cool and afternoons warm up. As a result we sometimes forget to dress properly. Make sure you take a sweatshirt, or cover up. Layering is better so you are not too cold or too warm. If you are too warm and you sweat, you can cool down too quickly and get chilled.

This goes for your dog as well. Both people and their dogs can benefit from keeping warm. Staying warm keeps our muscles warm and our circulation good. Then when you want to rake those leaves or go for a long walk, you will not strain your back. Always remember to stay hydrated too.

Enjoy the lovely fall time!

Just a Thought...

**Make the days count...
Don't count the days.**

Mohammed Ali

Nordic Pole Walking

The term "Nordic walking" came into being in 1997 when a Finnish ski equipment manufacturer developed a fitness walking pole with an innovative strap system. The wrist strap is the key component of the Nordic Pole Walking technique and allows the walker to access the full range of associated physical and health related benefits.

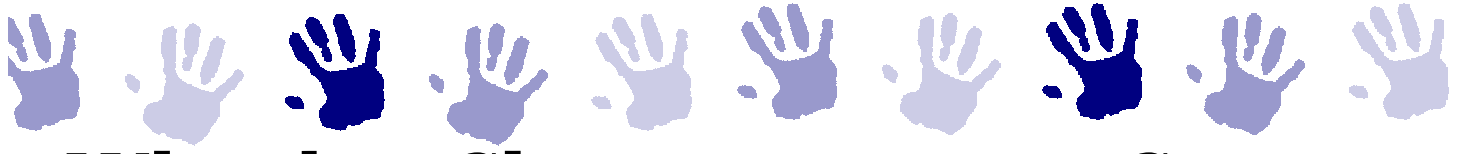
Nordic Pole walking has developed into a wonderful all-in-one exercise that not only develops good physical and muscular conditioning but it is also a safe and effective form of exercise for every one of all ages and fitness levels. It is proving to be fun, social, safe and a very efficient way to exercise.

Peggy Stewart and Kerry Delaney, certified Pole Walking Instructors, will be hosting an Open House at the Whitby Chiropractic Centre on Wednesday mornings from November 3rd to December 8th at 9:30-11:30. During this time, new walkers will be introduced to Nordic Pole walking and demonstrations and training will be provided using Nordic poles. This time period will also provide a "drop in" walk opportunity for those with poles.

Whether you are just starting an exercise program, want to ramp up your current routine or want to add a cross training component, drop in to learn more about this fun and exciting way to exercise.

Did You Know...

The Whitby Chiropractic Centre carries a wide variety of high quality supplements for adults and children. These include multi vitamins, children's chewable vitamins, iron, calcium and many others at very competitive prices.



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Reflexology and Reiki

We would like to welcome *Jennifer Andrews* to the Whitby Chiropractic Center team. She will be offering Reflexology and Reiki on Monday afternoons. Please call the office to book your appointment. 905-430-9431.