

# Whitby Chiropractic Centre

## Health Newsletter – Spring 2010 Edition

---

### *Garden Yoga*

Well the gardening season is here. We all seem to stare at our gardens with trepidation. We have a love hate relationship with them. On one hand we like preparing the soil for new life, new growth, the soon display of beautiful colours and smells.

On the other hand, we dread the sore back, neck, knees and hips we may get from bending and twisting for hours on our pursue of garden order!

Here are some tips to help smooth over the rough patches:

- ✘ mentally prepare
- ✘ wear loose clothing
- ✘ drink lots of fluids
- ✘ stretch before starting
- ✘ wear a hat and suntan lotion if hot out
- ✘ rotate activities to avoid strains
- ✘ set a timer to ensure you get a break
- ✘ have an adjustment to keep things flexible

Remember, since you will be doing more physical labour, you must take care of your body.

If your dog is with you, make sure they have a shady place to be and access to water. Dogs love playing in the yard, however some dogs can play too long and get exhausted. Make sure you keep an eye on them so they don't get dehydrated. There are special 'blankets' you can buy that are dipped in water. These are placed over the dog's body to keep them cool.

If you are thinking of starting an exercise program or are wishing to "mix up" your

current routine, why not try Nordic Pole Walking? Nordic Pole Walking burns up to 46% more calories than regular walking and it incorporates 90% of all body muscles! Ask Kerry about it the next time you're in the office!

### **Just a Thought...**

**"The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose."**

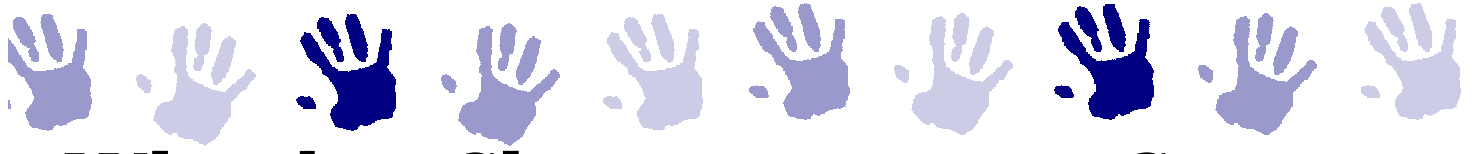
**--Charles Dickens**

### **Ready for Summer? Zen Shiatsu can help get you there!**

Ah, summer....despite the carefree, lazy days that come to mind at first, summer can easily be one of the busiest times of the year.

Summer is a time when it is natural to start using a lot of energy. The warm weather draws us outside, and to lots of appealing activities. However, just as it is a wonderful time of year to be active, it is equally as important to take careful care of ourselves and our energy so we can continue to be at our best.

Coming in for Zen Shiatsu treatments can help your body rejuvenate so you can be in top form every day. Treatments are effective as a part of a preventative care regimen, or to deal with common summer



# Whitby Chiropractic Centre

## Health Newsletter – Spring 2010 Edition

---

afflictions like sports injuries, sore & stiff muscles, fatigue from a busy schedule, or an aching back from lots of gardening or golfing!

Please visit [www.ZenShiatsuTherapy.ca](http://www.ZenShiatsuTherapy.ca) for more information.