

Journeys

in Health

Broadway



Chiropractic



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Upcoming events:

Spinal Care
Class **Tues 1/19**
6:30pm

Look for the flier
for our next
Patient
Appreciation
Day through
Doctors With A
Heart to
benefit the
Boys & Girls
Club of Greater
Derry on **2/17/10**



Drs. Jessica and
Phil Szalowski

What's New:

This will be a
monthly
newsletter
designed to
keep you
updated on
what is going
on in the
office and
share health
related
articles.

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current
updates

Go Get It

Well, it's a new year and that usually means a lot of changes for all of us. Most of these changes are for the better as we tend to focus on improving ourselves in some way.

As we set new goals in the coming year, it is best to keep them within reason to avoid setting ourselves up for a let-down with yet another failed resolution. Think of things that you really want for yourself and that you know you could attain if you put in some extra effort.

Another thing to keep in mind when setting goals is to have a plan of how to

make it a reality. This is usually where New Year's resolutions go awry: there is not a clear plan of how our goal can be reached.



Are Your Goals Within Reach?

A classic example of this is the resolution to start exercising (and this is a great goal by the way— see the next article for the many benefits of exercise).

It is not enough to buy a membership to the gym and say you're going to start going.

In the beginning it is very important to have specific days and times scheduled to exercise until a habit is formed. It's been said that it takes 14 days of doing the same thing to make it a habit. Although you may not be planning to go to the gym everyday, the point is that once you have an established habit, it is much easier to fit it in when you can. So stick to a schedule at first, and make it a habit! This same idea can be applied to any goal. Happy goal setting!

Move it!

As stated above, there are many benefits to exercise and if you don't already do so regularly, it's a great time to get moving. Here are some of the many reasons to break a sweat:

- Lose weight

- Improve sleep
- Lower your risk of cancer, heart disease and diabetes
- Boost your immunity
- Fight depression
- Help your brain work better
- Lower your blood pressure
- Increase your energy
- Build strong bones