

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Taylor



Dr. April Ruzycki



The Big White House on 6th St. just off Kingsway
737 - 6th Street SE

Ph: (403) 529-9069



Ask The
Experts®

on Chiropractic Care

Dr. April Ruzycki

October 16th is the official Music Video Launch of Straighten Up Alberta – an easy 3 minute stretching program that can be done anywhere, anytime by almost anyone! Straighten Up Alberta promotes: better posture, prevention of spinal issues, general health and well-being, strengthening your core stability muscle groups and your spine = this all adds up to give you the ability to handle the stresses of everyday life: emotionally, physically and mentally!

There are many issues, tasks, jobs and responsibilities that take up minutes and hours of our day. Now while we all know that our health, including our spinal health, is of utmost importance, we often neglect to fulfil the steps each day to ensure this. Exercise, sleep and nutrition are essential but are easily pushed to the side. Include the 3 minute Straighten Up Alberta in your day from waking up, calming down after a stressful situation, warming up for physical activity, refreshing your brain and body out of that afternoon lull to part of your bedtime routine. What does 3 minutes look like? It is the time it takes you to listen to the average song on the radio, put all the shoes in the entry way back on the shelf, start a load of laundry, make your bed or put air in your vehicle tires.

Still don't think that you have enough time to squeeze in another 3 minutes? What about doing the stretching routine while you watch your favourite TV program or during

Straighten Up Alberta!

the commercials, while you are waiting for your coffee to brew or for the water to boil? When your kids say for the 10th time – "we are bored" or "there isn't anything to do"...make it a game and do the Straighten Up Alberta routine!

Check out the website: www.straightenupalberta.com. They have a child and an adult version of the routine. The program is designed for healthy individuals but can be modified for disorders, disabilities or injuries. If you have concerns check with your chiropractor to ensure that the program is appropriate for you or your loved ones. The website recommends when you begin to: think positively, stand tall, move smoothly, breath calmly, deeply and slowly.

Want a paper copy of the Straighten Up Alberta program? Stop by the office – we have some copies for you!

Make Straighten Up Alberta part of your chiropractic lifestyle: a healthy spine, body and mind from chiropractic adjustments, healthy eating, exercise and sleep! Stand tall and feel good – keep your spine strong!



Call
403-529-9069
today for a FREE
consultation

www.powers-jans.com