



The Experts® on Chiropractic Care:



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Back To School Wellness Tips For Your Family

It's that time of year again. Summer has flown by and it's time for your children to get back to school and perhaps your time to get back into "career-mode." Here are a few tips to get your family back on track in a healthy way.

Backpacks: Make sure the load is light and well distributed. Even a backpack weighing 15 percent of a student's body weight is too heavy to maintain a proper posture. Several studies agree that forward head posture increases when carrying a backpack with a heavy load. When we adopt a forward head posture, it leads to straightening of the normal curve of the neck, a condition which leads to spinal cord pressure, osteoarthritis, headaches and various health problems. This advice for your child is also very important for you, the parent. Too often we are concerned about our kids yet we end up carrying around 40 pounds while chasing after them.

Fight the "Germ Assault": Back to school and work means exposure to all these new germs. And yes you should practice sound sanitary measures such as washing your hands and keeping them away from your mouth. But one of the best things you can do to help ward off colds and flus is get adjusted by your chiropractor to promote proper immune system function. The nervous system controls the immune system. Adjustments improve brain and nerve function which helps the body fight off germs. It can also help you feel better faster if you do get sick.

Proper use of tablets and laptops: It is great that a lot of schools are incorporating these devices. It also gives our kids' backpacks a lighter load with less books. There are some good rules to follow to promote proper usage of these devices. Take short breaks every 20 minutes. Get up and move around. Go and get a drink of water. Exercise your eyes by looking away and at distant objects. While viewing, have your head positioned so you are looking straight ahead, in upright posture.

Nutrition and learning/work performance: Skipping breakfast is not an option for your child. Breakfast and lunch should focus on whole, natural foods while avoiding white sugar and processed foods. A

good meal might consist of fruit, veges, chicken breast sandwich, yogurt with a possible small, sweet snack added. Research shows that excess sugar lowers both cognitive and immune function so be aware.

I hope some of this info helps. Let our office assist your family with getting back on track this fall with a chiropractic tune-up. Please give us a call at 403-529-9069.

Chiropractic Care for the Whole Family.



Call 403-529-9069 for a FREE consultation.



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