

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. Sheldon Chemiak



For the latest news and events at our office

Find us on Facebook
www.facebook.com/PowersAndJans

Check our blog
www.powers-jans.blogspot.com



Ask The Experts®
on Chiropractic Care

Dr. Sheldon Chemiak

Sick of Being Sick? Develop "2020 Vision"

Christmas holidays, for many people, is a special time of year spent with family and friends. The aftermath of holidays can also leave people with colds and flus that they can't seem to shake. Your immune system can be run down from the stress of the big day, consuming too much, and inadequate sleep. How can we get back on track and make the year 2020 our most healthy and productive year?

For many of us, we have big plans to become healthier at the start of the New Year. We begin eating healthier and exercising more. Perhaps we get a new gym membership or recommit to our favorite health care disciplines. As the months role on, many people find themselves recalibrated back to their usual habits and lifestyle. Come same time next year, we may find ourselves in the same health predicament as the past years, and the cycle continues. Can we say "merry-go-round?"

Here is a simple, yet effective, personal management tool you can use to break this frustrating cycle and make the year 2020 your healthiest year ever! You can call it your "2020 Vision". On your phone calendar, enter the words "My Health Checkpoint" at the end of each quarter year. So on the dates March 31st, June 30th, September 30th, and December 31st, enter those words. When these days arrive and this pops up on your screen, you know it's time to take inventory of your health. You may also want to create a checklist that you go through on these days to review where you are at with your health. Examples on the checklist may be to review: weight or body measurements, eating habits, exercise routine, visits to the chiropractor or massage therapist, or spiritual practices. Be as creative and detailed as you like with this but make sure you have those

checkpoints in your calendar.

The point I'm trying to make is that we all slip from time to time. That is a given. But are we checking ourselves? To prevent ourselves from sliding back down into our health frustrations we need to be continually recalibrating. Every single day at my work, a minimum of one patient tells me they got off track with their chiropractic care. That they know they would do so much better if they came in more consistently. Life just "got busy." Four checkpoints a year could make a massive impact on your health.

We would love to be a part of your "2020 Vision." Give us a call.



Call 403-529-9069 today for a FREE consultation.

The Big White House on 6th St. just off Kingsway 737 - 6th Street SE • Ph: (403) 529-9069 • www.powers-jans.com