

FRACKSON HEALTH CARE

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Have you seen our website? www.fracksonhealthcare.com



January 2010 Edition

7 Health Tips For The New Year

“What we call the end is also a beginning. The end is where we start from.” T. S. Eliot

HAVE A POSITIVE START TO YOUR DAY - whether you pray, meditate, read, exercise, sing, walk the dog, etc.....be sure to include something that helps you take the time to focus yourself for the day. You will be surprised what a difference it can make to how you approach things in a more positive way.

GET OUT AND WALK – a 15- 20 minute walk can make you feel refreshed. You'll enjoy the outdoors while getting some exercise that will make a big difference in your day.

TURN OFF THE T.V. - read a book, take a walk, spend time with family or friends.....anything that gets you away from the couch and the TV.

FIND MORE TIME TO PLAY – sports, hobbies, activities with friends, movies with a buddy, game night with the kids..... just be sure to include some fun time in your week . Remember that laughter is still the best medicine.

CLEAN THE JUNK OUT OF THE FRIDGE – the holidays are over so now is the time to focus on healthy eating. The eggnog is gone so there should be more room in the fridge for the fruits and veggies. When grocery shopping be sure to remember that the perimeter of the store is where the meats, vegetables and fruits are. If you avoid the middle aisles of the store then the chips and cookies will find it much more difficult to make their way into your shopping cart.

DO SOMETHING FOR YOURSELF - This should be the year to take care of you! Find a goal for yourself whether it be to loose a little (or a lot of ☺) Christmas weight, to get toned up, or even to maintain your healthy lifestyle. If you have one dessert or skip one day at the gym don't beat yourself up about it. You should applaud yourself for all the desserts you didn't eat and for all of the workouts you did do. 2010 will be your year!

CONSIDER SIGNING UP FOR OUR HEALTH SEMINAR – Healthy Detox and Weight Loss Seminar

When: Tuesday January 19th 7:00pm

Where: Frackson Health Care #105 -1001 Cloverdale Avenue.

Cost: \$25.00 donation to the Mustard Seed Food Bank

Topics to be discussed:

1. Weight loss supplements
2. Preparing your body for exercise after sedentary holidays
3. Hormone blocks to weight loss and how to overcome them
4. Diet and caloric assessment
5. Detox dos and dont's
6. Exercise choices for weight loss
7. How to maintain your goal weight

The members of our team involved in this seminar are:

Dr. Ted Frackson, Dr. Jen Corbeil, Rachelle Murphy, Caitlin Milloy and Audrey Vandenbrink



Please note that Dr. Ted will be away on Thursday January 14th and Friday January 15th to attend a chiropractic seminar.

With best wishes to you and your families for a Happy New Year!