

Hope Thanksgiving was great!

I've been thinking about the following phrase "Eat right, be fit, think well." I like it because overall wellness includes all three of these components:

- Nutrition
- Fitness/ activity
- Mental/spiritual health.

Eat right:

We all can do better. But every day is a new day. You can start today with a few small steps like adding a fruit or vegetable to a few of your meals.

Your goal for this week might be

- Include an apple with lunch and broccoli with dinner
- Include a small portion of lean protein with each meal
- Drink 8 glasses of water today
- Eat out only once a week, or better yet only twice a month
- Limit your sodas and sweets

If you aren't sure what sources of lean protein are, you can look on line, or ask Dr. Hall at your next visit. Start thinking about your goals for 2011 and make a plan as to how you will achieve them.

Be fit:

Let's face it...everyone needs a plan if they are going to improve their fitness. Overall movement, improving or maintaining your muscularity, and maximizing your flexibility are 3 key components to being fit and more active now. They also promote anti-aging and improve your quality of life. There are many resources available to you to help you select a fitness plan. Basically we all need to move more, and if you are over age 30 you should definitely be doing some sort of resistance training 3 times a week to maintain your lean muscle mass. You may need to consult with a personal trainer, or doctor for help to create a fitness plan. Whatever you decide, pick a routine that fits your current fitness level, your schedule, your access to equipment, and your goals. Dr. Hall and his staff can help. You can do it!

Think well:

Healthy thoughts and feelings lead to healthy behaviors and happiness. Give yourself daily positive mental and spiritual input that will motivate you to keep on track with your goals. Life can be challenging enough. We need to be good to ourselves and be proactive about putting inspiring, uplifting thoughts and messages into our minds.

Remember that your body can be a high performance machine! In order to become such, you need to become more mindful of what you put into your tummy and into your brain. And don't forget that getting chiropractic adjustments is one of the best things you can do for your health. Especially during the cold season. Studies show that adjustments can boost your immune system up to 200% by helping keep your nervous system working properly. By keeping your nervous system healthy (the master system) your overall health will be optimized!

Dr. Hall / kh