

Amplify Your Health



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Children's Spinal Exams Now extended thru September!!

Reserve your time by calling 303.343.8800 or [email](#) us.

Learn about:

- Proper backpack use
- Children's exercises
- Children's nutrition

Enter the his and hers children's backpack raffle!

Greetings!

The simply acronym in "Fit-NESS" (Nutrition, Endurance, Strength and Structure) makes it very simple to stay on top of your health and the healthy of your family. Many of my patients admit that they don't stay fit because they can't commit to eating healthy, incorporating exercise or remaining structurally fit.

The truth is, that you don't need to be a weekend warrior hiking, biking or lifting weights in a gym to be fit. You also don't need to live on salads and tofu to get there. Lastly, your chiropractic adjustments will last longer with improved health.

If you or a loved one are battling with incorporating a Fit-NESS lifestyle into daily activities, stop in to discuss how my protocols can help you. I work with my patients on small attainable changes to their "NESS" to achieve gradual results that lead to success.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center 303.343.8800

PS: Be sure to bring your children in this month for "Back" On Track, children's spinal exams. See our special at the bottom of the page.

A Lifestyle of Fit-NESS: Nutrition, Endurance, Strength and Structure

With the rise in obesity and the concerns about health care reform, it is more important than ever that each individual and family make fit-NESS a part of their lifestyle. The question for you is, will you wait for a crisis such as acute pain or a heart attack to make the changes, or will you make them because you want to live a better quality of life? These fit-NESS tips will ensure that you have a well rounded plan that you can enjoy for a lifetime.

The 4 Components of Fit-NESS

There are four components to overall fitness. The last four letters of the word "fitness" form an acronym. They are nutrition, endurance, strength and structure.

Nutrition: Consume QC's and not EC's



Good nutrition is important for your body to be healthy. Garbage calories in will lead to sickness, low energy, and pain. Excess calories lead to obesity and disease. QC's are quality calories. They come from live foods such as fruits, vegetables, lean proteins, and whole grains. QC's are nutritionally satisfying because they contain vitamins, minerals, fiber and amino acids that are the building blocks of a healthy body. EC's, empty calories, are foods such as white sugar, white flour, and white rice, which add calories to your diet without nutritional value. Be conscious and choose QC's over EC's.

Endurance

Endurance comes from cardiovascular exercise. Whether it is from walking, running, bike riding, the elliptical, basketball, tennis, soccer, or a rowing machine, this type of exercise is necessary for your heart to stay healthy. Get 30 minutes of cardiovascular exercise at least 3 to 4 times per week. Wear a heart monitor and monitor your heart rate while you also count the number of calories you burn. As your stamina improves, increase your intensity to increase your results.



Strength



Your level of strength will determine your ability to do things as you age. Through regular strength training with a personal trainer or on your own, you can build muscle and stand strong, no matter how many birthdays you celebrate. The saying, "if you don't use it, you lose it" is definitely true when it comes to strength. Make strength training a priority.

Structure

Hippocrates said, "Look well to the spine for the cause of disease." Edison said, "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." There is no way around it, you have got to take care of your spine and make it a priority.

If you have been on a weight loss roller coaster ride, you may not be aware of how this affects your spine. When you add extra pounds and then remove them, your posture will have to change to keep you balanced. This can cause and aggravate underlying spinal problems. When you make fit-NESS a part of your lifestyle and eliminate these fluctuations, your spine and nerve system will be healthier, and so will your whole body.

Make your fit-NESS a priority. Ask us about our educational programs on Lifestyle, Fitness and Nutrition that you can attend with your family and friends. They will give you the knowledge and information you need to improve your health and quality of life, and take care of your spine. If you would like to count your calories and log your food online, or customize a fitness program for yourself without a trainer, you can do this at www.100yearlifestyle.com.

Make your fit-NESS a priority today.

Why is Ascent different than other Chiropractic clinics?

Chiropractic + Acupuncture + NET + Nutrition

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [NET](#) and [Nutrition](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie is pleased to provide each of these disciplines to her patients during each and every appointment.

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2009 Healthcare Benefits

We're pleased to examine your insurance benefits to see if they contribute to your care.

QUICK LINKS

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www.AscentHealthCenter.com

Chiropractic for Kids

Good health starts early. Ask Dr. Julie how Chiropractic plays an important role in kid's development.

Throughout the month of September! Get Your Kids "Back" On Track for the School Year



Heavy backpacks can cause nonstructural or functional scoliosis, an abnormal curvature of the spine.

Children's spinal examinations are also a great way to recognize structural strains that come about during sports and other activities.

Bring your children in for their routine spinal examination.

Kids screenings are \$15, or no charge if they join during their parent's appointment.

Offer Expires: September 30, 2009. The "no charge" offer is valid for one child during one appointment.

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