

# JANUARY E-NEWS

## WILLS FAMILY CHIROPRACTIC

We want to extend to you  
our gratitude for a great year.  
It just wouldn't have been  
the same without you.  
We also pray for a blessed and  
prosperous new year for all.

The Wills Family

**“HAPPY NEW YEAR!!”**

Be always at war with your vices,  
at peace with your neighbors,  
and let each new year find you a better man  
*-Benjamin Franklin*



## What's in a New Years Resolution?

The Definition says: *A resolve or determination:  
To make a firm resolution to do something*

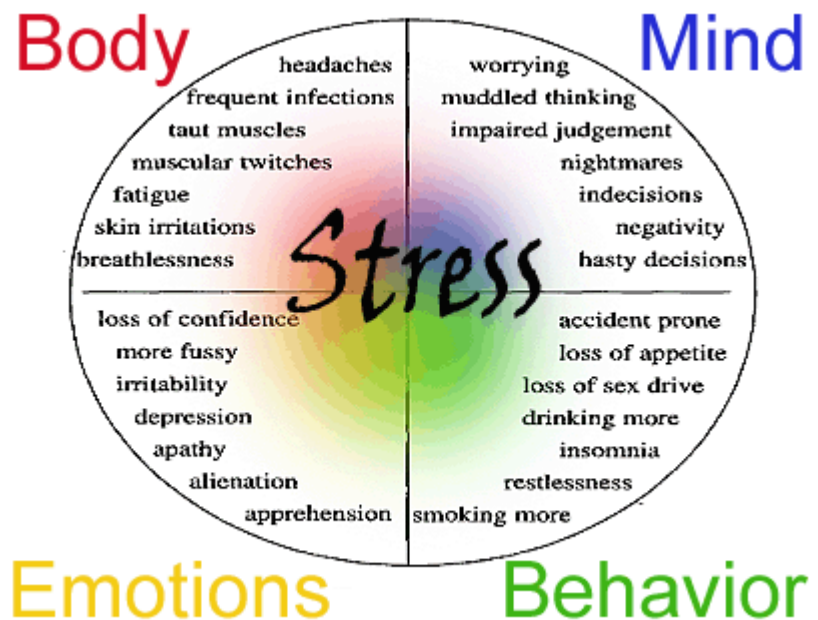
Do you struggle with the **Resolutions** that you have made in the past?

Have you set your goals so high that you get frustrated and give up?

We'd like to make some helpful suggestions for living a healthy, **stress-reduced** lifestyle:

## New Years Top 10 Count Down

- 10) **Just say NO!** Sometimes our giving nature leads us to commit to too many projects or obligations. Decided this year to make time enough for yourself. Saying No does not make you a less compassionate or caring person. It simply means that you have maxed out the time you have allotted to volunteer. The rest of your time is for you and your family. Over committing and over taxing yourself is not only stressful but unhealthy.



9) **Reduce the amount of sugar** you consume this year. Try these natural alternatives: **Stevia, Honey or Real/Maple Syrup.**



8) Drink more **water**. A 16oz water bottle filled with water twice a day is a great habit to start. It is refreshing and your **skin** and **organs** will thank you.

7) Eat more **fruits and veggies**. Add one extra serving per day instead of dessert or as a snack.



6) Want to have more **control over the portions** you eat? Begin with leaving a bite on your plate each meal. Slowly reduce the size of the portions you eat. Remember your stomach should only be as big as your fist. “Finish everything on your plate” is a misnomer. If you don't want to waste it, wrap it up and eat it later. (It's OK)



5) **Walk** twice a week. One lap around Great Lakes Crossing is one mile. Or step out your door into the fresh air. Walk one direction for 10 minutes and come back. That is a great way to begin a day

4) Strive to get a **consistent amount of sleep** each night. (6-8 hours is best) Consider a light alarm clock instead of noise. It will help you to wake up refreshed as opposed to being jolted out of sleep with loud, obnoxious noise.

3) **Take a nap**. It's not just for children. Research shows that you can make yourself more alert, reduce stress and improve cognitive functioning with a nap. Mid-day sleep, or a 'power nap', means more patience, less stress, better reaction time, increased learning, more efficiency and better health. 15 – 30 minutes is best.





2) Lead a more **stress free** life. Make an appointment for a **massage**. Or when things get overwhelming take a deep breath on a count of 4, hold it for a count of 4 then let it out slowly for a count of 8. Repeat 2 times. It will lower your blood pressure and relax you.

### The #1 Way to a more healthy lifestyle

Regular **Chiropractic adjustments** to help the body's natural immune system. Regular adjustments help to prevent a myriad of issues that can arise from being out of alignment.

Remember, good health is a lifestyle, not a quick fix. It is a process that you can choose to follow everyday. Take it slow. Start with one or two things at a time. Don't overwhelm yourself, because that is the perfect set up for failure. Success can be achieved a day at a time.



**To everyone whose birthday is in January  
We want to wish you a very Happy Birthday!  
Let us know if you did not receive your  
special coupon via-email.**

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