

## February is heart month.



This month's newsletter offers tips to help you get through the day with more energy, and as a benefit keep your heart healthy.

Daily routine can often get the best of us. Between getting ready for the full day ahead, carpooling the children's school drop off, and getting to work on time, it often feels like you've already completed a day's worth of activities all before your morning coffee.

Even though the day can get ahead of us, it's important to remember to take proper breaks throughout to maintain productivity and decrease stress levels. Taking a mid-day break helps to refuel and re-energize, giving you that extra oomph needed to get through the rest of the work day. Here are some simple things you can do throughout your day to help renew your energy.

### Lunchtime strolls

Shake it up and go for a walk during your lunch. A simple dose of fresh air can help boost your energy, clear your mind, and help you refocus. After all, studies show that lunchtime walks can immediately put you in a better mood and give you the ability to handle stress at work better.



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### Exercise



Whether it be for 3 minutes or a half hour, exercising in the middle of your day not only get rid of those midday blues but can help keep you active, along with all the other added health benefits working out gives us.

<https://www.chiropractic.on.ca/public/your-back-health/mid-day-breaks-refuel-re-energize/>

<https://www.chiropractic.on.ca/public/your-back-health/fitness-motivators/>

Here are some tips to help you get you started.

1. Visit [www.fitin15.ca](http://www.fitin15.ca)

Fit-in 15 is an interactive, web-based program developed by Canada's Doctors of

Chiropractic, experts in muscle and joint function, and champions of healthy living. Fitin15.ca has motivational tools and easy no-cost, no-equipment ideas for getting active. Once fitting in 15 minutes becomes a regular part of your day, you may find yourself fitting in more.

2. Have a distraction

Research studies show that people who have a distraction are more likely to stick with a fitness activity than people who don't. Brisk walking outdoors provides its own distractions. The scenery and street activity will keep your senses occupied while your feet keep you moving. If you are fitting in your fifteen minutes indoors, listen to the radio, play music you enjoy, or work-out while watching your favourite TV program.

3. Have a buddy

Research studies also tell us that people who get active with a buddy find it easier to stay active. Invite your partner, a friend, neighbour or relative, one of your children, or the family dog to join you for a 15-minute walk or workout. Make it a time to talk, laugh and connect.

4. Pick a specific time of day

Decide on the best time of day to set aside your fifteen minutes so it becomes something to look forward to and you can schedule other activities around it. Keep to your scheduled time as much as possible.

5. Try not to miss a day

Think of fitting in 15 minutes as a regular daily activity – like taking a shower in the morning. It can be easy to find reasons not to fit-in 15 – there are always so many other things to do. But the more you fit it in, the easier it gets, until you hardly have to think about it. If you miss a day or two, don't give up; just fit it in again as soon as you can.

Canada's chiropractors are committed to helping Canadians be more physically active.

A Doctor of Chiropractic (DC) can evaluate your strength and flexibility, and screen for anything that may limit your physical activities. Ask your chiropractor for an evaluation, or visit [chiropracticcanada.ca](http://chiropracticcanada.ca) to find a chiropractor in your area.

Eat

Putting the right nutrients into your body pays off for your mind as well! Eating a balanced meal gives your body the fuel it needs to keep your energy up and decreases fatigue.



By implementing any of these simple tips throughout your day, you will have the energy to tackle your daily tasks.

Tell us what you do to be heart healthy and



you could win a heart healthy prize!



As always, if you have any questions or concerns, make an appointment for treatment so we can help you out.