

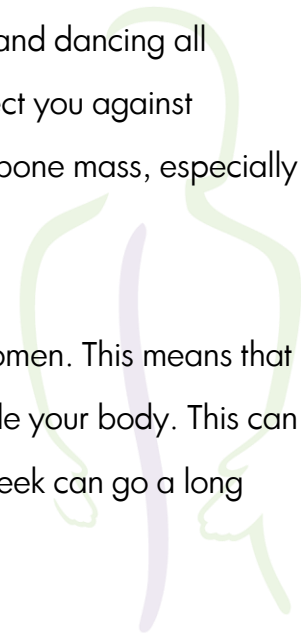
## Summer's shaping up ...and so are we!

Summer is the time to rediscover what the great outdoors has to offer. But remember, easy does it. If you've been inactive for a long time, it's easy to be overzealous and cause an injury whether you're gardening, playing tennis or simply taking an extra long hike.

Make sure you warm-up and stretch before any activity, and don't try to do too much at once. Each new activity puts stresses and strains on your muscles, joints and back, so ease into it. It's a good idea to consult a chiropractor or fitness professional before beginning a new fitness program as they will be able to provide advice about the kind of activities that would benefit you. Let them know what your goals are or if you have an old injury you could aggravate. You may also wish to discuss types of cross-training that will enhance your level of fitness.

Exercise is very beneficial for your entire body – including your back. Weight-bearing activities such as hiking, brisk walking, stair climbing and dancing all strengthen your bones, muscles and joints and may help protect you against osteoporosis, a serious disease that results in deterioration of bone mass, especially in older people.

An oversized waistline can lead to weak muscles in your abdomen. This means that your organs and lower spine are not being held correctly inside your body. This can result in back pain. Even a little activity three to four times a week can go a long way to improving your overall health and well-being.





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Doctors of chiropractic provide diagnosis, treatment, and prevention of disorders related to the spine, nervous system, and joints. Chiropractic care is a drug-free, hands-on treatment that targets the source of pain. Chiropractors can provide you with advice and exercises to stretch and strengthen muscles so you can be free of pain regardless of your activity.

