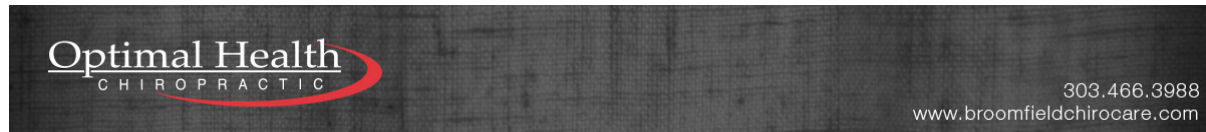


Everything you need to know each month from Optimal Health

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Move More Month



It's April! Traditionally, this is when the snow starts melting and suddenly it's feels like spring. It's the perfect time to end your season of hibernation and get back outside. We love that the American Heart Association created "Move More Month," a cause that we can totally get behind. So this month, with the help of the American Heart Association, we're here to motivate you and help you find whatever gets you up and moving, for better physical and mental health.

Step Your Way into Better Health

It just so happens that April 3rd is National Walking Day, the perfect way to kick off Move More Month. We know that a simple walk is one of the best ways to manage stress and improve heart health and boost your mood. The best part is, you don't need anything besides a comfortable pair of shoes.

One in four U.S. adults sits for longer than eight hours each day. Sitting for too long can hurt your physical and mental health. So why not swap it out? A recent study found that swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%. If everyone increased their activity, even by a small amount, we would see an improvement in health and lower the cost of disease in the United States. In fact, *walking at a lively pace at least 150 minutes a week can help you think better, feel better and sleep better.*

Need motivation to get that walk in? Try these ideas:

- Walk with a buddy: grab a friend or co-worker and catch up while walking (or form a walk club to get a whole crew together!).
- Walk in place: walk, stand or stretch at your desk to loosen up.
- Walk with pets: a wagging tail is a great motivator.
- Walk during lunch: helps with digestion and keeping energy up.
- Walk with your kids: it's a great way to connect and catch up.

Choose Your Own Workout Adventure

Another great way to get more movement in this month, and build strength is doing a circuit workout. They can be a great way to workout and reduce stress without requiring any special equipment.

To build your own circuit, choose 3-4 exercises from each category below. Alternate *cardio* and *strength* exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.

Cardio Exercises:

- Jumping Jacks
- Squat Jumps
- Jogging or Marching in Place
- Stair-Climbing or Step-Up
- High Knees
- Mountain Climbers
- Star Jumps
- Burpees

Strength and Stability Exercises:

- Plank and Side Plank
- Pushups
- Sit-Ups or Crunches
- Hip Lift or Bridge Position
- Tricep Dips on a Chair
- Lunges
- Squats or Chair Position
- Wall Sits

We hope you're motivated to take the month of April as a time to move more. It's amazing what a difference of doing just a little bit more can make on both your physical and mental health. Set a goal for yourself and let us help you knock it out of the park.

- Dr. Chris



We're Just a Text Away



Making Space for You

Text Us!

Are you running around and want to see if we can get you in for your adjustment? Send us a text! Forgot when you're scheduled? Send us a text! Just want to say hi? Send us a text!

Our main office number is textable and we'd love to hear from you. 303-466-3988

Parking Spots

Have you ever come to our office and noticed the parking lot is a little more crowded than you'd like? Well, we're working on fixing that problem. While you are welcome to park anywhere in our parking lot, if you see this decal outside of the office, this parking is for you! Also know that if you are at our office to see any of our other practitioners (massage, acupuncture, PT, etc) the "chiropractic" spots are also for you (as the offices is in the chiropractic portion of the building). These new signs make sure there is plenty of space available for you!



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