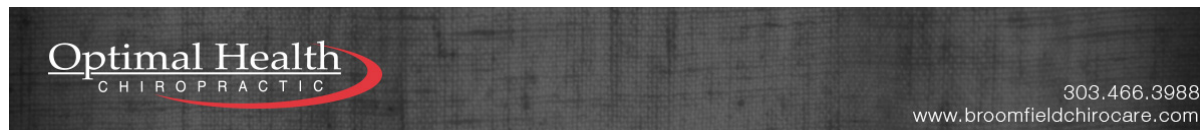


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## Fun Summer Activities Approved by Your Chiropractor



Summer is the best time to sneak more active moments in your day! With longer days and plenty of sunshine to start and end your day, it's the perfect time to try out something new or to pick back up where you left off last summer. We've put together a list of chiropractor approved activities that are great for feeling your best (and having fun!) this summer.

### ***Hit the road:***

Hiking –

Not only is this a great way to get out and explore nature, but hiking can also provide an intense aerobic workout that strengthens multiple muscle groups at once without straining your back or neck. We are so lucky to live in an area with endless trails to explore, it never gets boring.

Biking –

Riding a bike is one of the best ways to get out and explore your local area while also getting an aerobic workout. It's low impact and fun for the entire family. Just make sure to wear a properly fitted helmet.

Walking –

Going for a leisurely walk is the perfect way to get some physical activity while also enjoying the summer sunshine. Take a different route each time to keep things interesting or find a new destination to explore. *Bonus walking idea:* go stroll your local farmers market! One of the best parts of summer is all the fresh fruits and vegetables available at the farmer's market.

### ***On the water:***

Kayaking & Paddle Boarding –

This activity uses your core and arms muscles as you paddle, providing an excellent upper body workout without putting too much strain on your neck or back. Don't forget the sunscreen and life jacket!

Swimming –

This low-impact activity is one of the best ways to cool off in the summer while also exercising. Swimming strengthens the core, builds muscle tone and provides a full-body workout without putting too much stress

on your spine.

**Fun with friends:**

Tennis or Pickle Ball –

While fun for all ages, this is an excellent way to get out and play a competitive game while also getting some exercise. Just make sure to warm up beforehand and take frequent breaks.

Golf –

This is a great activity for people of all fitness levels. Just make sure to use the proper form to minimize any potential strain on your back and shoulders.

Volleyball –

Volleyball is a fun and social way to stay active and healthy during the summer. Whether you prefer to play on the beach or in a park, volleyball is a great way to get some exercise while also having fun with friends and family.

**A little more relaxing:**

Yoga –

This activity is great for improving flexibility and range of motion, which can help manage back pain. Plus, it focuses on breathing and relaxation techniques that can reduce stress levels as well.

Gardening –

Gardening is a great way to stay active and healthy while also enjoying the outdoors. Whether you're tending to a small vegetable garden or a large flower bed, gardening can be a great way to get some exercise and improve your overall health.

Relaxing in a Hammock –

Sit back with a cold glass of your favorite drink and raise your legs in your hammock, helping your blood circulation. The flexibility of the hammock allows your body to relax your back and joints, helping you fight inflammation and alleviate joint pain.

Almost all of the activities listed above are low impact – unless you get really competitive during your pickle ball game! Low impact exercise is actually good for your back, even when you've had injuries or pain. Unless your doctor tells you otherwise, it is important to keep your back bending, rotating, and twisting. The summer is the perfect time to do this! And if you have any concerns about your back, let me know, we're here to help you feel your best and make the most of your summertime!

- Dr. Chris



## **July Dates**

Just a reminder that our office will be closed in observance of July 4th. Besides the holiday, July is shaping up to be a normal month in our office with no additional schedule changes and even an additional Saturday shift back on the calendar. So if you've been needing to get that adjustment in, July would be a great month!

Call, text or schedule online to schedule your appointment!

[optimal-health-chiropractic.booksy.com](https://optimal-health-chiropractic.booksy.com)

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## **Massage for Me + Massage for You**

For the rest of the summer (July + August) if you refer a new massage client, you both save on your sessions! If you tell a friend about us and they schedule and come in for their session during the promotion time, they will save \$10 off of their first session and you will get a \$10 credit for your next session as well.

It's simple to do:

1. Your referral schedules and comes in for their session during July or August.
2. When they schedule, have them put "referred by: YOUR NAME" in the notes.
3. You both get \$10 off your session!

*Fine print:* this promotion is valid with any of our therapists and does not apply to any sessions after the timeframe has passed.

Schedule your next massage with any of our therapists and share the link with your friends and family:

<https://www.messagebook.com/biz/OptimalHealthMassageTherapy>



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