

Everything you need to know each month from Optimal Health

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A Guide To Our Favorite Winter Activity - Snowshoeing!



Ok friends, keep snow dancing, because our family is itching to get out and do one of our favorite winter activities, snowshoeing! Our family isn't skiers, so snowshoeing is a perfect way for us to enjoy fresh snow, get out in the mountains and have adventures together.

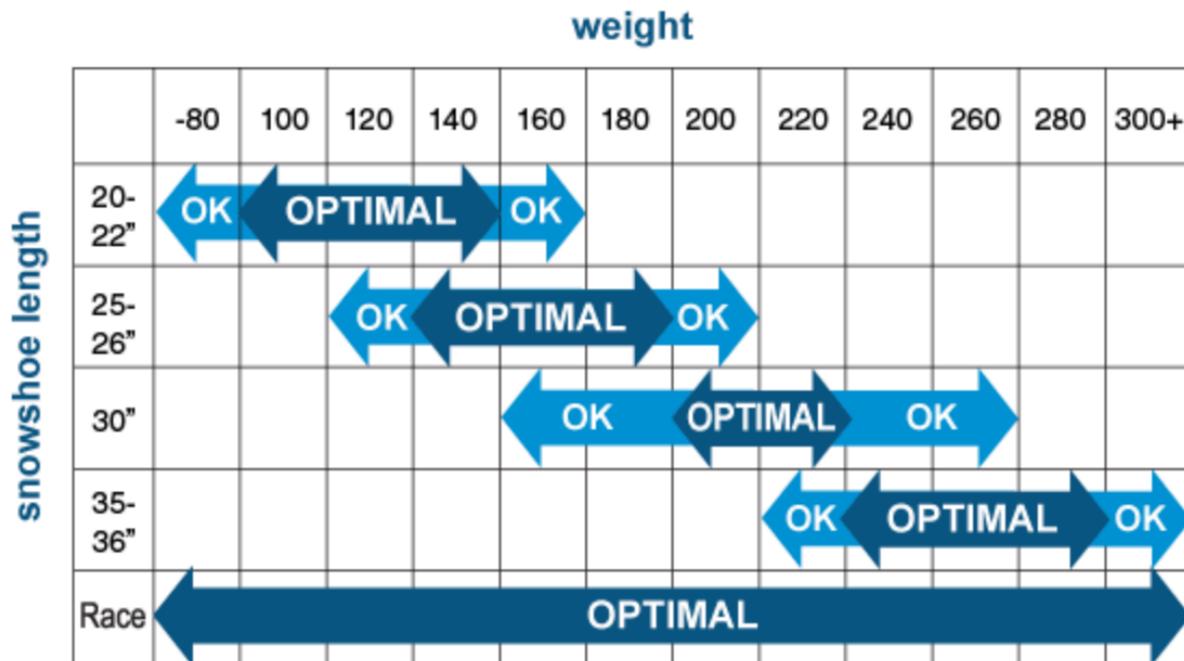
Snowshoeing is easy to learn and the best part about it is that it can be enjoyed by anyone at any pace. And as your chiropractor, I love the health benefits of snowshoeing! It is a low impact activity that is great for improving cardiovascular fitness, where you can burn more than 600 calories per hour. In fact, snowshoers can burn more than 45% more calories than walking or running at the same speed!

Enjoy a few tips below to help you get started:

- **What kind of snowshoes do I need?**

The first question to ask is when do I need to wear snowshoes? Generally, positive snowshoe conditions include fresh powder or deeper snow, or really any amount of snow that would cause you to post-hole (punch a large hole through). The goal of snowshoes is to keep you floating on top of it. You would not want to wear snowshoes when snow is hard packed or icy or minimal in depth. Instead, these are a good time to use minimal traction devices or spikes to your boots to keep from sliding.

We have found the chart below very helpful for choosing the right sized snowshoe. Keep in mind what you'll be carrying with you will effect your total weight (are you using these for hut trips or weekend hikes?) and the environment where you will be doing most of your adventuring as well. Will there be hills? How deep will the snow be? How dry is the snow? These are all things to consider because the deeper and dryer the snow, the more float, meaning the larger the size you will need. On the same note, if you will be most on trails or in the neighborhood, a smaller snowshoe will be easier to control and will weigh less.



- **What do I wear to snowshoe?**

When heading out to snowshoe a good idea to keep in mind is layers! We like to think about it in 3 steps:

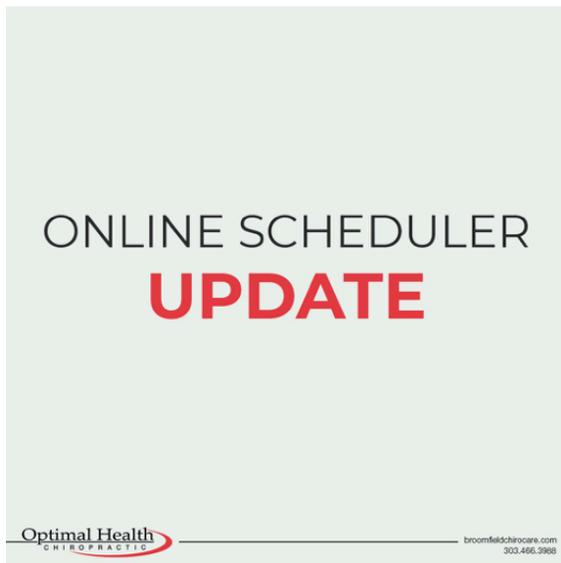
- Base Layer: this is the layer that is closest to you and keeps moisture from your body. Try to think about wool or synthetic for your top and bottom, avoiding cotton as it absorbs moisture and gets wet (making you very cold!)
- Mid Layer: this is worn over your base layer and should be thought of as an insulator layer. Go for materials like polyester, fleece or down and zippers are great for being able to regulate your body heat.
- Outer Layer: this is your protection layer from the elements you may encounter (like wind, rain, snow) and cold temps. Think about breathable and waterproof, such as a windbreaker or waterproof pants whether it is snow pants or hiking pants.
- Feet: When looking for boots, look for waterproof and insulated and a good fit as you do not want your heel to be sliding or rubbing (which leads to blisters!). Socks can help regulate temperature, as heavier weight socks will be key for those cold days and thin wool socks can be better for your bluebird, warmer adventures. Always go for wool, never cotton, and throwing an extra pair in your bag is never a bad idea, just in case your feet get wet.
- BUT please keep in mind, snowshoeing is hard work and often our bodies heat up much more quickly than we first anticipated. Have a plan for shedding layers and temperature regulating to keep from getting overheated and sweaty, which can lead to getting damp and cold as the adventure goes on.

- **Where do I go to snowshoe?**

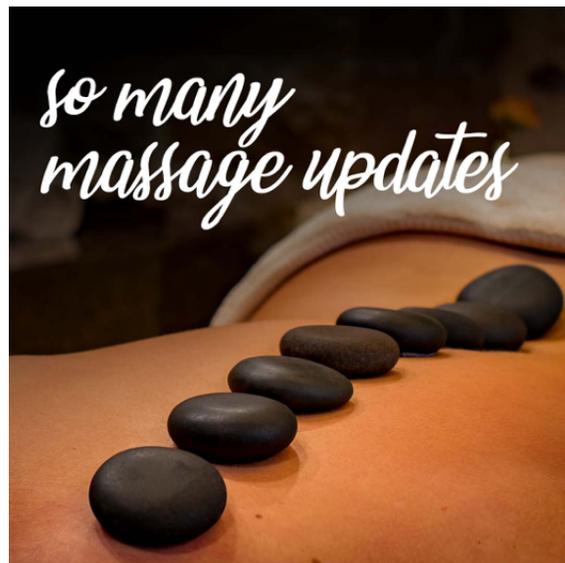
Our favorite place to snowshoe is on trails that we regularly hike year round. We find when you are familiar with an area, it's easier to keep to a trail and not lose your way. With that said, as a beginner, sometimes it's great to stick to your neighborhood or city streets (especially when we get that big snow and no one wants to drive far!). Also, many nordic centers offer great snowshoe experiences that are easy to navigate.

We hope you enjoy snowshoeing as much as we do - if you ever have any questions or are looking for some fun places to go - let us know!

- Dr Chris



Ch-ch-changes!



New Therapists, Prenatal & More!

Online Scheduling Update

Some of you may have seen our social post about our online scheduling system - but if you missed it, read below :) **IMPORTANT** update for those of our patients who schedule online: Our previous online scheduler was acquired by booksy and our schedule has been moved over to the new platform. Not exactly what we wanted to happen, but we're giving it a go for now. If you would like to schedule an appointment, you can continue to schedule online now through booksy, or give us a call and we'll get you on the schedule. If anything changes again in the future we will keep you all updated as soon as we know! Direct link to schedule: optimal-health-chiropractic.booksy.com

So Many Massage Updates!

We have some exciting massage news to share! We would like to welcome Victoria to our massage team. She brings a wide range of modalities such as soft cupping, integrated trigger point therapy, hot stone therapy, prenatal massage, Swedish massage, and more! Victoria is a long time friend and who gives Monica her own bodywork and are thankful for Monica for the introduction.

With Victoria coming onboard, we are now able to offer prenatal massage! You can schedule prenatal massages with Victoria on Fridays and on Thursdays starting in February! We are very excited to be able to now offer this service to our mama's to be!

[Schedule your next massage session with us online](#) or give us a call or text at 720.610.2726. We would love to see you soon and help you start the year feeling your best!



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