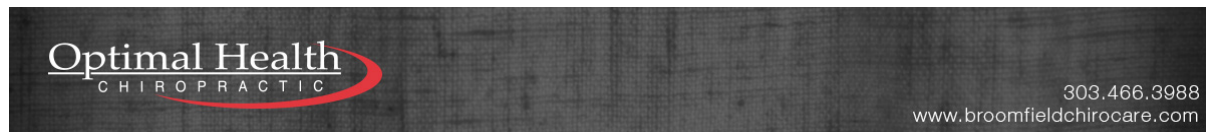


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## Our Top Ten Ways to Sneak Activity into Your Summer Fun!



It's hard to believe it's July already and we're almost halfway through the traditional summer break time of year. In case you've already checked off most of your summer bucket list, we've put together ten ideas to make the most of your summer, have fun, and keep you and your family active throughout. We think this list is great for everyone, whether you're trying to get your entire family active, just you and your partner, or if you are just looking to set some personal goals - we hope you find this list provides some summer fun inspiration!

- Start or End Your Day with Movement // Sneak in a walk or a hike when you would usually just be sitting and the weather is cooler. Try exploring different areas than just your usual route to keep it interesting. Bonus if you can find a partner to help hold you accountable
- Get Spinning // Try to bike to a destination instead of driving a few times a week. Making that simple swap every once and a while can add a whole lot of activity into your day (and hopefully a little fun!). If biking isn't your thing, try other wheels like rollerblading!
- Tour Some Local Towns // Those nearby small towns are great summer destinations. Walking along their streets downtown to explore their local shops and restaurants is a great way to add some extra steps to your day and spend time outside. Designate a day to drive around and stop in any new town you find - you never know what you could find in some of those little mountain towns!
- Wash Your Car // Instead of going through the drive through car wash, get the whole family involved making your car shine. Give everyone a specific task and it will go by in a breeze (unless you start a water fight first!)
- Stargazing // Take advantage of warm nights and find a remote area with clear views and turn it into your own private planetarium.
- Pick Your Produce // Instead of grabbing your produce at the grocery store, try hitting the local

farmers market and take a stroll and check out everything they have to offer. Or even better yet, go fruit picking at a local orchard for the freshest selection!

- Host Your Own Summer Olympics // While everyone is excited about the upcoming summer olympics, plan your own. Invite friends over and have everyone compete in your own backyard version of your favorite events.
- Plant an Herb Garden // Less intimidating and time consuming than a full vegetable garden, planting an herb garden is cost effective as it can shave some money off your grocery bill, and it's also a great way get kids involved in what they eat and learn a new skill.
- Find Worthy Motivation // Pick a local race with a cause you (and your family or friends) are passionate about. Have fun training together and getting ready for the big race day with the philanthropic aspect helping motivate along the way.
- Be a Tourist in Your Own Town // As things continue to open back up, check out some of the local attractions like the zoo, or go inside the museum of nature and science on one of those hot days or even check out a local nature preserve to see some wildlife (we just put the Rocky Mountain Arsenal Wildlife Refuge on our to do list!).

Lastly, we *highly* suggest making sure you take time to get your adjustment and massage in to help you feel your best to have a great rest of your summer :) Here's to a happy, healthy summer!

- Dr Chris



it's more than you probably think!



our 5 favorite massage benefits

### **How Much Water Should You Be Drinking?**

With summer heat in full force, this is a great time to remind you that you should be drinking more water! (We'll wait while you take a sip...)

There's a super simple equation to figure out just how much water you should be drinking. Just take how much you weigh and divide that number in half - that's how many ounces you should drink each day. For example, a 130 lb woman should drink 65 ounces of water a day. But if you go extra hard on your workout that day or it's super hot outside, we recommend adding more in just to make sure you're staying hydrated.

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### **Our Five Favorite Massage Benefits:**

In no particular order...

- Reducing stress and increasing relaxation (self-care is real & important!)
- Reducing pain, muscle soreness and tension (helps you to feel your best)
- Improving circulation, energy and alertness (your secret weapon to keep going through your day)
- Lowering heart rate and blood pressure (without medication!)
- Improving immune function (because we all need our immune system to be in tip top shape now and all the time)

Schedule your massage by giving us a call (303) 593-2586) or booking online: <https://www.massagebook.com/biz/OptimalHealthMassageTherapy>



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