



adjust your lifestyle™

# Healthier Families. Healthier Friends. Healthier Holidays.

If you, your family and friends are healthy, consider it a blessing. The opportunity to gather and enjoy each other's company without the worry or burden of suffering loved ones contributes greatly to a healthier holiday season.

If you and your loved ones fall into this category, consider taking your health to new levels. When faced with choices between healthy foods and unhealthy foods, choose the healthy ones. Make exercise your first priority by exercising first thing in the morning so that you do not get swept away by holiday activities and miss out on your workout. Schedule your adjustments in advance so your nervous system stays healthy and your body is more resistant to stress.

When you are making plans to gather with family and friends, do not just make appointments to gather around food and drink. Gather around going for walks in the woods or hikes in the mountains or on the trails. Gather around fresh air and sunshine. If the sun is not out or the weather is bad in your area, take a fitness class together. If you have young children, this will help them to build healthy habits and values that can last a lifetime.

When planning your holiday meals, experiment with healthier recipes. Look for dishes that call for fresh ingredients. Download five or six recipes from your favorite cooking website and have the people you will be gathering with do the same. Talk about them and decide which ones would be fun to experiment with. Mix in a new, fresh, healthy recipe with the other foods that you like to eat and bring balance to your holiday meals, making them less destructive to your body. Each year you can experiment with new recipes.

Before you know it, your holiday meals will become both delicious and healthy.

This can help you get off the weight loss, weight gain rollercoaster ride that has been a plague for so many people and you will leave your holiday table guilt-free and empowered.

If you or any of your friends or family members are experiencing pain or ill health of any kind this holiday season, this is all the more reason to make healthy choices a priority. By following these guidelines and removing pressure from the spine and nervous system with chiropractic care, this holiday season can become an opportunity to embrace a healing path and a healthier New Year.

Healthy gift giving can change a life. Many people are turning to healthy gift giving as a way to say, "I love you, I care about you, your health is important to me." Your willingness to invest in the well-being of those that you love can go a long way to inspiring people to choose to invest in themselves. This action on your part can even act as an intervention to someone who is really in trouble and in denial about their health.

Healthy gifts can include a gym membership, exercise shoes, a heart monitor, a chiropractic examination or a series of chiropractic adjustments. We have gift certificates available in any amount you choose. While so many gifts are forgotten within 30 days, healthy gifts can be life changing and may be remembered for a lifetime.

Everyone deserves to be healthy and express their full potential from the time they are born through their last breath of life. This includes you and your loved ones. We hope that you enjoy the healthiest, happiest holiday season ever.

**Basile Spine Sport And Wellness**

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