

OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER

ADJUSTING PERSPECTIVES

2025

YOUR PATH TO WELLNESS WITH
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY

HAPPY
NEW
YEAR



Are you dreading the pressure of making New Year's Resolutions and keeping them?

Are you just plain tired after the holidays?

Do you feel like you have a Holiday Hangover?

WE CAN HELP!

WE CAN HELP YOU HAVE MORE ENERGY AND KEEP YOU ON TRACK TO ACHIEVE YOUR GOALS! CHIROPRACTORS AND PHYSICAL THERAPISTS ARE THE PERFECT HEALTHCARE PARTNERS FOR THIS!!



THE IMPORTANCE OF LISTENING TO YOUR BODY (BODY SIGNALS):

THE NEW YEAR = A NEW OPPORTUNITY TO GET HEALTHIER, LOSE THOSE EXTRA "HOLIDAY" POUNDS, AND OVERCOME THE HOLIDAY HANGOVER.

THE FIRST STEP IS GIVING YOUR BODY GOOD NUTRITION.

SECOND STEP IS TO GET MOVING!

AND TO SUPPLEMENT BOTH OF THOSE.... GET ADJUSTED TO HELP YOUR BODY AND IMMUNE SYSTEM FUNCTION AT IT'S OPTIMAL LEVEL.

RESEARCH THAT MATTERS:

Chiropractic Care for Holiday Hangover:

WHEN IT COMES TO "BOUNCING BACK" FROM A HOLIDAY HANGOVER, CHIROPRACTIC CARE CAN HELP BY GENTLY ADJUSTING SPINAL MISALIGNMENTS, WHICH ALLEVIATES TENSION, IMPROVES NERVE FUNCTION, & SUPPORTS YOUR BODY'S NATURAL HEALING PROCESS, ALLOWING YOU TO FEEL BETTER & RECOVER FASTER AFTER HOLIDAY INDULGENCES & STRESS.

- **NERVOUS SYSTEM BALANCE:**

Spinal adjustments can help realign the spine, optimizing the communication between your brain and body through the nervous system, potentially improving overall function and reducing stress on the body.

- **PAIN RELIEF:**

If you've experienced aches & pains from holiday activities like heavy lifting or overeating, chiropractic adjustments can help alleviate discomfort in the muscles and joints.

- **IMPROVED DIGESTION:**

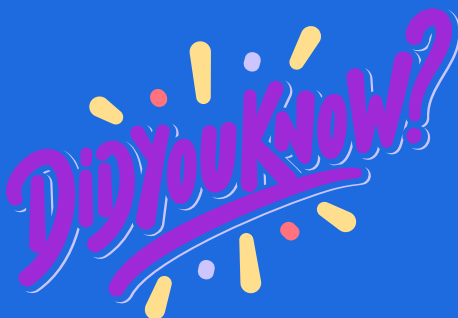
Proper spinal alignment can positively impact nerve function related to digestion, which might be disrupted by holiday overindulgence.

- **STRESS REDUCTION:**

Chiropractic care can promote relaxation and help manage stress levels that might have accumulated during the holiday season.



**WHAT DO SNOWMEN LIKE TO DO
ON NEW YEAR'S EVE?
"CHILL-OUT"!**



**DID YOU KNOW THAT THE DOCTORS AT
OLYMPIA WILL GIVE FREE LUNCH AND LEARN
LECTURES AND POSTURE SCREENINGS AT
YOUR PLACE OF WORK?!**

**CONTACT LISA AT
LSHAW@OLYMPIACHIROANDPT.COM
TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!**

START OFF THIS YEAR WITH AN ENERGY BOOST:

TO BOOST YOUR ENERGY AFTER THE HOLIDAYS, FOCUS ON GETTING ENOUGH SLEEP, EATING A BALANCED DIET WITH PLENTY OF FRUITS AND VEGETABLES, STAYING HYDRATED, EXERCISING REGULARLY, MANAGING STRESS THROUGH RELAXATION TECHNIQUES LIKE MEDITATION OR YOGA, AND LIMITING ALCOHOL INTAKE; ESSENTIALLY, RETURNING TO A HEALTHY ROUTINE AFTER HOLIDAY INDULGENCES.

- **PRIORITIZE SLEEP:**

AIM FOR 7-9 HOURS OF SLEEP PER NIGHT TO RECHARGE AFTER THE HOLIDAY SEASON'S DISRUPTED SLEEP SCHEDULE.

- **HYDRATE WELL:**

DRINK PLENTY OF WATER THROUGHOUT THE DAY TO COMBAT DEHYDRATION WHICH CAN LEAD TO FATIGUE.

- **EAT NUTRITIOUS FOODS:**

FOCUS ON WHOLE FOODS LIKE FRUITS, VEGETABLES, AND LEAN PROTEIN TO PROVIDE SUSTAINED ENERGY.

- **MOVE YOUR BODY:**

ENGAGE IN PHYSICAL ACTIVITY LIKE WALKING, JOGGING, OR YOGA TO BOOST ENDORPHINS AND ENERGY LEVELS.

- **STRESS MANAGEMENT:**

PRACTICE RELAXATION TECHNIQUES LIKE DEEP BREATHING, MEDITATION, OR JOURNALING TO COMBAT HOLIDAY STRESS.

- **LIMIT ALCOHOL:**

REDUCE ALCOHOL CONSUMPTION AS IT CAN SIGNIFICANTLY AFFECT ENERGY LEVELS.

- **RE-EVALUATE YOUR ROUTINE:**

GRADUALLY RETURN TO YOUR REGULAR SLEEP SCHEDULE, MEAL TIMES, & EXERCISE ROUTINE

- **GET ADJUSTED!**

Give us a Google Review!



**HELP US TO SPREAD THE GIFT OF
HEALTH AND WELLNESS TO OTHERS!**

Healthy recipe to try!



Yum!

CLICK ON PICTURE FOR THE RECIPE

DID YOU KNOW?

**WITH FOOTBALL
PLAYOFFS IN
FULL SWING,
IT MAY
INTEREST YOU
TO KNOW THAT
EVERY NFL
TEAM HAS A
CHIROPRACTOR
ON STAFF!**



CHIROPRACTIC CARE FOR PREVENTATIVE WELLNESS

**ONE OF THE GREATEST BENEFITS OF CHIROPRACTIC
CARE IS ITS PREVENTATIVE FOCUS.**

**BY ADDRESSING MINOR MISALIGNMENTS BEFORE
THEY BECOME MAJOR ISSUES, YOU CAN AVOID
CHRONIC PAIN, INJURIES, AND OTHER HEALTH
PROBLEMS DOWN THE LINE.**

**REGULAR ADJUSTMENTS, COMBINED WITH
HEALTHY LIFESTYLE CHOICES, CREATE A STRONG
FOUNDATION FOR LONG-TERM WELLNESS.**

**INTEGRATING CHIROPRACTIC CARE INTO YOUR
2025 ROUTINE:**

- **SCHEDULE REGULAR ADJUSTMENTS: WORK WITH
YOUR CHIROPRACTOR TO CREATE A
PERSONALIZED TREATMENT PLAN TAILORED TO
YOUR GOALS.**
- **INCORPORATE STRETCHING AND EXERCISE:
YOUR CHIROPRACTOR MAY RECOMMEND
SPECIFIC EXERCISES TO COMPLEMENT YOUR
ADJUSTMENTS.**
- **STAY CONSISTENT: LIKE ANY HEALTH ROUTINE,
CONSISTENCY IS KEY TO SEEING LASTING
BENEFITS.**

**Get to know our
Employee!**

ERIKA ROSARIO

Job Title: Billing Specialist

Length of time at Olympia: 4 months

Favorite Food: Any kind of soup

Favorite Movie: The Labryinth

Pets: Bulldog Sophia - she is 3 yrs old

**Fun facts: Every January I focus on a new
skill and this year I am learning to crochet!**

Get to know our **Employee!**

JOSH MILAN

Job Title: Physical Therapy Tech

Length of time at Olympia: 1 1/2 years

Favorite Food: Chili's Chocolate Molten Lava cake

Favorite Movie:

Pets: Madden - family dog

Fun facts: I can eat that Chili's cake in less than a minute!



MAKE THIS A YEAR OF BETTER SLEEP!

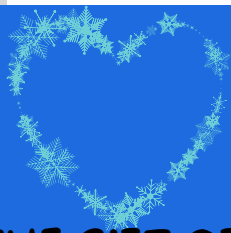
IF YOU HAVE TROUBLE FALLING ASLEEP OR STAYING ASLEEP, YOU ARE NOT ALONE. SLEEP DISORDERS CAN PREVENT YOU FROM GETTING THE SLEEP YOU NEED TO STAY HEALTHY AND FEEL GOOD DURING THE DAY. FORTUNATELY, CHIROPRACTIC CARE CAN BE PART OF THE SOLUTION FOR BETTER SLEEP.

**THE BENEFITS OF REGULAR CHIROPRACTIC CARE FOR SLEEP ISSUES INCLUDE:
EASING MUSCLE TENSION THAT CAUSES RESTLESSNESS,
RELAXING THE BODY,
RELIEVING PAIN AND DISCOMFORT,
STIMULATING CIRCULATION AND BLOOD FLOW, AND
IMPROVING CENTRAL NERVOUS SYSTEM FUNCTION.**

ASK US PROVIDE ADVICE ON A BETTER SLEEPING POSITION, POSTURAL EXERCISES, SUPPORTIVE MATTRESS, AND ERGONOMIC PILLOW TO HELP YOU SLEEP WELL.



WE



OUR PATIENTS



PLEASE PASS ON THE GIFT OF HEALTH BY SHARING THIS NEWLETTER WITH THOSE YOU FEEL COULD BENEFIT FROM OUR CARE!

ASK US ABOUT A SPECIAL CONSULTATION CARD FOR YOU TO GIVE TO THEM!

IMPORTANT

FROM OUR PHYSICAL THERAPY DEPARTMENT:

HOW EXERCISE CAN HELP BOOST YOUR ENERGY:

AFTER THE HOLIDAYS, AND WITH THE WEATHER KEEPING US INDOORS, MOST OF US FIND OURSELVES WITH LOW ENERGY. SOMETIMES IT IS HARD TO GET MOVING EVEN THOUGH WE KNOW WE SHOULD.

- **IMPROVING CARDIOVASCULAR HEALTH**

EXERCISE HELPS YOUR HEART AND LUNGS WORK MORE EFFICIENTLY, WHICH GIVES YOU MORE ENERGY FOR DAILY TASKS.

- **INCREASING ENDORPHIN LEVELS**

EXERCISE RELEASES ENDORPHINS, WHICH ARE NEUROCHEMICALS THAT CAN HELP REDUCE STRESS, RELIEVE PAIN, & BOOST YOUR MOOD. THIS IS SOMETIMES CALLED THE "RUNNER'S HIGH".

- **INCREASING MITOCHONDRIA**

EXERCISE CAUSES YOUR BODY TO PRODUCE MORE MITOCHONDRIA IN YOUR MUSCLE CELLS. MITOCHONDRIA ARE KNOWN AS THE "POWERHOUSES" OF CELLS BECAUSE THEY CREATE FUEL FROM GLUCOSE AND OXYGEN.

OTHER BENEFITS OF EXERCISE INCLUDE:

- **BETTER BRAIN FUNCTION**
- **LOWER RISK OF HEART DISEASE, STROKE, TYPE 2 DIABETES, AND SOME CANCERS**
- **STRONGER BONES AND MUSCLES**
- **REDUCED RISK OF DEMENTIA**

YOU CAN TRY THESE ACTIVITIES TO BOOST YOUR ENERGY:

- **WALKING, BICYCLING, OR DANCING**
- **YOGA**
- **TAI CHI**
- **GARDENING**
- **PLAYING TENNIS**
- **KICKING A SOCCER BALL**

20 MINUTES OF LOW-TO-MODERATE AEROBIC ACTIVITY, 3 DAYS A WEEK, CAN HELP ENERGIZE YOU. YOU MIGHT NOTICE INCREASED ENERGY LEVELS WITHIN THE FIRST COUPLE OF WEEKS OF EXERCISING.

**EXERCISE
IS GREAT FOR
BOOSTING ENERGY.**

EXERCISE ESSENTIALS-GIVE YOURSELF AN ENERGY BOOST:

**A GOOD STRETCH TO BOOST ENERGY IS THE
DOWNWARD DOG STRETCH.**

IT HELPS TO STIMULATE CIRCULATION BY PROVIDING BLOOD FLOW TO THE BRAIN, AS WELL AS HELPS TO STRETCH THE BACK/LEGS.



**ASK US TO SHOW
YOU HOW TO DO
THIS EXERCISE!**

EXERCISE INSTRUCTIONS:

- 1. START ON YOUR HANDS AND KNEES: POSITION YOUR HANDS DIRECTLY UNDER YOUR SHOULDERS AND YOUR KNEES DIRECTLY UNDER YOUR HIP.**
- 2. LIFT YOUR HIPS UP: SLOWLY RAISE YOUR HIPS TOWARD THE CEILING, AIMING TO FORM AN UPSIDE-DOWN "V" SHAPE. YOUR BODY SHOULD FORM A STRAIGHT LINE FROM YOUR HANDS TO YOUR HIP TO YOUR HEELS.**
- 3. PRESS YOUR HANDS INTO THE FLOOR: SPREAD YOUR FINGERS AND PRESS FIRMLY THROUGH THE PALMS. KEEP YOUR ARMS STRAIGHT.**
- 4. STRAIGHTEN YOUR LEGS: WORK ON STRAIGHTENING YOUR LEGS, BUT DON'T WORRY IF YOUR HEELS DON'T TOUCH THE GROUND, KEEP YOUR KNEES SLIGHTLY BENT IF NEEDED TO FEEL THE STRETCH.**
- 5. ENGAGE YOUR CORE: ACTIVATE YOUR ABDOMINAL MUSCLES TO PREVENT SAGGING IN THE LOWER BACK.**
- 6. HOLD THE POSITION: STAY IN THE POSE FOR 20-30 SECONDS, BREATHING DEEPLY, THEN SLOWLY RELEASE AND COME BACK TO A NEUTRAL POSITION.**