

amplify your health



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Flexible Spending Account

Inquire with Ascent on saving with your 2008 Flexible Spending Account!

303.343.8800

Chiropractic for Kids

Good health starts early. Ask Dr. Julie how Chiropractic plays an important role in kid's development.

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Issue: # 7

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Ascent Health Center Provides Cutting Edge Health Care

Hello!

Are you fit for daily life? Or are your daily responsibilities wearing you out leaving you fatigued and susceptible to injury or illness? This week's article clearly lays out the need for us to stay active to be able to take on the twists and turns in daily life. Be sure to check out our [Revised Yoga & Pilates Shedule \(click here\)](#). Our classes are *small* and *intimate* enabling you to carefully and safely strengthen your body.

BE HEALTHY.

FOR LIFE.



Time to get your ESS in Shape

You know what I'm talking about. 2008 is the prime time to focus on improving your ESS (endurance, strength and structure). Having a strong ESS level can determine how well you respond to stress, perform at work and on the playing field of sports and life.

When it comes to physical endurance and stamina, would you trust your body to get you through a long distance trek or emergency? Don't let a low stamina level leave you home alone while everyone else is out enjoying the world. You can keep your endurance high and increase your vitality through cardiovascular and aerobic exercise that strengthens your heart, burns calories, and boosts energy.

Upping Your Strength and Endurance

You can decrease your need for sleep and build your body's resistance to disease and injury with strength training. Strength training can be done with: weights, Pilates, yoga and other types of exercise. Strength training is also the key to getting rid of that sagging skin or muscle you may have noticed accumulating as you age.

If you are already an experienced strength trainer and have a routine, shake it up a little bit. Try increasing the amount you lift by 10 to 20 percent and ask someone to spot you.

Supporting Your Structure

When it comes to experiencing good health, the structure of your body is the architecture that lies underneath it all. Your physical frame can either carry your weight well or not. It can strain to perform even the simplest tasks or effortlessly support you in both every day or competitive events.

Keeping your structure in shape will keep you looking good, prevent injuries and speed healing time. You can support your structure by:

- evaluating your posture and weight balance
- getting regular chiropractic adjustments
- using ergonomically correct chairs, computer stations and mattresses
- using good posture when you exercise

Just as one foot can be larger than the other, it's common for people to carry as much as three pounds more weight on one side or the other. Compensating for the imbalance can be painful and challenge the strength of your structure. You can count on chiropractic to put your body back in balance and correct your posture to prevent unnecessary strain and energy drain. It's easy to keep your ESS in shape when you choose these simple self-care solutions that will help you enjoy optimal energy and health.

During your next visit, let's talk about small changes in your daily life that can help you stay stronger and healthier for the daily twists and turns.

Thank you for allowing me to be a part of your health awareness team,

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center
303.343.8800

Take advantage of a 10% discount on the following service packages.

- Massage Therapy - De-stress and loosen up with massage therapy packages.

- Yoga & Pilates - Ever notice that you have bad posture during those most strenuous days? Prepare ahead of time by building a stronger core with Yoga & Pilates.

[NEW Yoga & Pilates Schedule!](#) (click here)

Offer expires 02/29/08. Call for more details. 303.343.8800



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