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Ascent Health Center Provides Cutting Edge Health Care

Hello!

Your posture is often a great indication for when its time to get up, stretch, and take get a breath of fresh air. Many of us take on a big project at work, school or even at home, and ignore our body's signals that it needs even a momentary break. Poor posture for extended periods of time could be a sign of exhaustion, or discomfort. Pay attention to your posture. If you sense that you're simply tired, take a break and get some fresh air. Perhaps the task can be divided up allowing for a handful of short breaks. Be conscious of any aches and pains that are beginning to develop. These small aches and pains are often the precursors to back pain, carpal tunnel syndrome and other various muscle strains.



The Bottom Line on Sitting

Article contributed by Dr. Eric Plasker, Marietta, GA

It's not your work that's killing you. It's the sitting. Millions of people working from their home and offices spend way too much time in their chairs. In fact, the average person working eight hours a day over a forty year career span, will spend nearly fifteen years of it sitting! A habit that can lead to more than just a numb bum!

Immobility from sitting can cause a host of physical problems from poor circulation to chronic back and nerve pain, swollen spinal discs, fatigue and many other health problems. For women, this poses more of a health challenge since they are more likely than men to hold jobs that require them to sit the majority of the time.

Not only is being sedentary no fun. It's costly. According to the President's Council on Physical Fitness and Sports, the U.S. will spend \$1.5 trillion over the next 10 years treating a wide range of debilitating ailments resulting from sedentary lifestyle such as diabetes, depression, osteoporosis, certain cancers, even sexual dysfunction.

Stand Up for Yourself
 Have you ever known someone who sat so still in their office chair that their motion activated, energy saving overhead lights shut off? It's a sure sign that it's time to get up and shake off what's commonly called "sedentary office syndrome." The President's Council recently identified Sedentary Death Syndrome (SeDS) as a growing life-threatening risk for many unsuspecting Americans.

Here are a few Live Long and Strong health tips that can keep you out of harm's way and at the top of your game in the workplace.

- Set a timer:** don't allow yourself to sit for more than 50 minutes at a time. Get up and stretch your legs before you get back in your chair.
- Be a swinger:** during your ten minute breaks, you can increase the circulation in your legs and the mobility in your joints by performing this simple exercise. Stand with your hands on your hips and your legs slightly more than shoulder width apart. Rotate your hips clockwise in a full range of motion ten times, and then reverse the direction for ten more repetitions. Next, move your legs forward and backward in a swinging motion.
- Don't sit Crooked or slouch:** Sitting with one foot underneath your other leg in a figure four causes twisting of your spine, leading to chronic pain and degeneration. Slouching has the same effect and causes spine deterioration.

Be Kind to Your Spine
 Sitting is to the spine like sugar is to the teeth. Regular chiropractic check-ups, exams and adjustments can realign the structure and remove interference to your nervous system. You can also ask your chiropractor about nutritional, exercise and stretching techniques that will keep you safe from SeDS. Remember, an ounce of prevention is worth a pound of cure. So stand up for yourself and keep the momentum going!

"Sitting is to the spine as sugar is to the teeth" clearly portrays just how much a sedentary routine can effect your structural health. Retrain yourself to take breaks from time to time, or to stand up while working. Try out our Yoga & Pilates classes to learn how to strengthen your core thereby developing a stronger framework to withstand strenuous times.

Amplify your Health!

Dr. Julie Marchiol, DC, FIAMA

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