

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: # 6

01.08

Ascent Health Center Provides Cutting Edge Health Care

Hello!

Set the stage for good health! How can you expect to improve your health, fitness or mental acuity if you continue to create financial stress, burn the candle at both ends or deprive yourself of adequate rest or nutrition? The following article discusses how to tackle and set financial goals to help alleviate stress. Wouldn't you rather run a marathon than compete in the "rat-race"?

BE HEALTHY.

FOR LIFE.



Enjoying Abundant Health and Wealth

Did your holiday come with a high price tag this year? If you find yourself wishing you had spent less and saved more, you are not alone. Millions of people are struggling with high credit card and other debt. If you're among them, don't fret. With a little extra planning, you can get out of debt and begin to grow or enlarge your already existing nest egg.

Change Your Financial Focus

The truth is most things in life come with a price tag. Whether it's putting a roof over your head, vacationing with your family or putting gas in your car to get to work, it adds up quickly.

As you enter the New Year, evaluate whether your current financial habits are moving you toward or away from your goals. Taking the time to write out, follow and monitor your financial goals can make the difference between celebrating or surviving another year!

Remember, it's never too late to shift your spending and lending habits. In fact, the New Year is the perfect time to assess and adjust your budget to a new level of prosperity and peace of mind. Think about how you have earned money up until now and how you have spent it in the past. Are you ending the year with a bad case of buyer's regret? Did you get caught up in "competitive" spending and wind up wishing you had passed on that new car or electronics purchase? Maybe it's time you did things differently.

Make a plan in 2008 and stick to it. You'll see your confidence and assets grow along with your security.

Prepare for a Healthy, Long Life

Most baby boomers are expected to enjoy big life spans (up to 100 years of age) so planning for an extended high quality life is essential. You can optimize your opportunity to earn income and enjoy good health with some forethought. Embrace the fact that what is good for you, i.e. healthy food and chiropractic care, are some of the best investments you can make.

Be good to yourself. Make wise health choices now so that your retirement money isn't spent on out of control health care costs later. Remember, the more you save, the more freedom and choices you will have in the future.

Putting aside \$500 a month in savings can amount to nearly half a million dollars with interest in 25 years.

- Target at least 20% of your income for a savings or investment account
- Check your credit score and know what it means
- Meet with your financial team
- Invest in your health and wellness care

To learn more about how to prepare for a life lived long and strong with abundant health and wealth, visit www.100yearlifestyle.com

Patients often reveal to me that their financial matters or careers are inhibiting their health. Good preventive health is customized to you and your lifestyle. I'll work with you to determine what your health related deficiencies are and how we can take small logical steps towards your improvement. Also, if we determine that your health is being affected by stressors beyond the scope of my practice, I'm pleased to offer up names of area professionals who may be able to assist you in reaching your goals. Together, we can take the steps to make a great '08!

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.

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

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