

June Newsletter

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DOMIER CHIRO

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Sneaky Ways to Get More Steps in Your Day

Aiming for the recommended daily step count of 10,000 might seem overwhelming, but it doesn't have to be. By making a few small changes, you can easily achieve your goal without even noticing. Look for small chances to stretch your legs at home or work, walk around during commercial breaks while watching TV, park further away in the parking lot, and take a brisk walk during your lunch break. Additionally, try balancing on one foot while standing and dance while doing house chores. These extra steps quickly accumulate, helping you reach your 10,000-step goal. Start moving and achieve your goals today!

Ergonomics 101

Staying healthy while traveling or sitting for extended periods requires a few mindful practices. Incorporate regular movement into your routine by taking short breaks to stand, stretch, or walk every hour. Staying hydrated is crucial, so drink plenty of water throughout the day. Opt for healthy snacks like fruits, nuts, and vegetables to maintain your energy levels without consuming empty calories. Practice good posture to prevent back and neck strain, and consider simple exercises like seated leg lifts or shoulder rolls to keep your blood circulating. By integrating these habits, you can maintain your well-being even during long hours of travel or sedentary activities.

Eat Healthy This Summer

Eating organic offers numerous benefits for both your health and the environment, and making the switch is easier than you might think. Begin by locating organic grocery stores in your area, as they often provide fresher produce and support the local economy. Plan your meals with organic ingredients in mind to stay on track and make healthier choices. Opt for budget-friendly recipes that use seasonal produce and prioritize plant-based ingredients. To save even more, consider purchasing items like grains and legumes in bulk. By following these simple tips, you'll be well on your way to enjoying the benefits of organic eating while positively impacting the environment.

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