



Larsen Family Chiropractic:
A Creating Wellness
Center



June 2007

Summertime summertime sum-sum-summertime! Yeah!

Please feel free to forward this to anyone that may find it interesting and beneficial – we invite anyone who would like to sign-up for the Creating Wellness Bulletin to email info@docstacy.com and place 'subscribe newsletter' into the subject line.

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Focusing On...

The 3 Dimensions of Wellness.

Your life is made up of multiple dimensions that are separate, yet profoundly connected. You can move toward wellness in one dimension while moving away from it in another. Addressing these dimensions simultaneously is a foundational piece of the Creating Wellness System. In the upcoming months, we will focus on each of these three dimensions separately: *Physical, Bio-Chemical and Psychological*.

The Physical Dimension (How you use your body)

Within the physical dimension we assess many different factors. We look at your body composition, cardiovascular health and overall muscle strength. When these areas are tested, they are direct indicators of what you are doing physically is or is not working for you. The program is then tailor made to the individual as we strive to make sure that this multi-faceted dimension is well rounded.

We examine your existing physical routine (or sometimes lack thereof!) of cardio exercise (to strengthen the heart), strength training (works the muscles and increase metabolism) and flexibility/stretching (to keep muscles long and limber

decreasing the risk of injury). This is to make sure you are serving your body well by not only what you do but also how often you do it. We also look at the ways you like to exercise or why you don't. Variety is an important element as we don't want exercise to become boring.

Within the physical dimension, considerations are made as to how often you already exercise and at what exertion level. It is important to strike a balance between too much and not enough. We want your exercise level to be challenging to your heart and muscles. But we don't want it to be too strenuous. Going 'too hard, too soon, too fast' increases the chance of the person becoming sore. This discourages them and they may quit their newly started program before they have the opportunity to see the benefits and how they may feel and look.

Within the Creating Wellness program the members are supplied with everything that they will need within the physical dimension. They receive (customized to them) 3 cardio DVD's as well as 3 strength training DVD's, giving you 6 different workouts. The strength training component is done with a stability ball and resistance tubing which strengthens the stabilizing muscles of the spine. This aspect is often missing in other routines and will help improve the benefits you receive from your chiropractic care. These DVD's can be used in conjunction with a person's already existing routine or be used on its own.

[Info for Everyday Life](#)

Podcasts

While out being active and using your iPod or mp3 player, how about trying some podcasts? Podcasts are downloadable audio programs you can listen to instead of music as you exercise. This great tip came from a Creating Wellness member (thanks Elaine!!) who listens to various podcasts via the CBC. There are almost limitless types of podcasts around the internet but the CBC has these available for download free of charge. With casts such as the **Comedy Factor, Definitely Not the Opera, Dispatches and Quirks & Quarks** there will, for sure, be something for everyone. Files are available as streaming audio on your computer or you can save them in iTunes or mp3 format. Happy downloading!

<http://www.cbc.ca/podcasting>

Meal Times

Having proper meal timing is a powerful way to keep nutrients in your body at a level that will enhance your wellness and state of mind. Mindful eating will help eliminate cravings and urges for unhealthy foods and diminish the opportunity of over eating. To read more see <http://www.cbc.ca/news/background/health/meal-times.html>

Interesting Things and Things That Interest

Some of you may have noticed a new bulletin board in the Creating Wellness Room. It is there for all kinds of Creating Wellness type information such as upcoming activities throughout Central Alberta (cool events like the [Woody's Triathlon](#) and the [Sylvan Lake ½ Ironman](#)). We also invite you to put a little notice up on the board if you are looking for something specific or would like to trade or sell something health related. For example, if you like to walk and are looking for a walking partner, put a note up and see if you can hook up with another person that has like minded interests and goals. Have a spare set of free weights rolling around the basement floor that you have stubbed your toe on one time too many? Put up a note and see if there is someone who would love to have them. We do ask that you please just get the note initialed by one of the staff before placing it on the board.

The Hub

We are a team of 4:

Dr. Stacy Larsen (Doctor of Chiropractic) stacy@docstacy.com

Carol Simpson (Wellness Coach) carol@docstacy.com

Janice Doherty (Chiropractic Assistant) jan@docstacy.com

Brad MacLeod (Registered Massage Therapist)

The core of all we do is located in downtown Red Deer AB at #102 4706 48 Ave. (2 blocks south of City Hall and across the street from the Associate Clinic). You can reach us at 340.0278 or via email. Office hours are Monday, Wednesday and Friday 8-12:30 and 2-5:30, Tuesday 8-12:30 and Thursday 1-7:30.

Creating Wellness Chiropractic Collect Clothes!

Since we have introduced the Creating Wellness program to our office, people who participated in it have transformed their lives and their bodies. As a result, some of their clothes do not fit! So for the month of June, we will be collecting clothes to be donated to Loaves and Fishes as well as other local charities. Anyone is welcome to drop by their gently used clothes at the office and we will pass them along.

*“True enjoyment comes from **activity** of the mind and **exercise** of the body; the two are ever united” ~ Karl Wilhelm*

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