



Larsen Family Chiropractic:
A Creating Wellness
Center



November 2007

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 CW newsletter' into the subject line.

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Focusing On...

The Power of 'No'

As our lives seem to get faster and busier we need to focus on achieving balance with our time. With multiple obligations of family, health, work, friends and community our schedules can fill up quickly if a person isn't mindful of what is being said 'yes' to. Not every waking moment should be scheduled and 'be on the run'. Some down time is a very good thing and helps accomplish stability in other areas of life.

Saying "no" isn't always easy, but many of us do end up saying 'yes' when we actually should be saying 'no'. Ask yourself the following questions whenever you're thinking about taking on a new commitment:

- Would something or someone else suffer if I take this on?
- Is this something that I'd choose to do if I had the free time?
- Is there a good reason to do this even if I don't have the time?
- Can I honestly give this my best effort?
- Is there something I can drop if I take this on?

Sometimes it's hard to say "no." You don't want to disappoint people or come off as being rude. It's possible to say "no" in a way that's respectful but firm. Below are some stock "no" answers that could work in a variety of different situations.

- "I'm sorry, but I just can't take this on right now. Is there another way to help that wouldn't involve as much time?"
- "I'd love to do this, but my plate is really full right now and I wouldn't be able to give this the attention it deserves."
- "I'm sorry, I can't do this. But I can connect you with someone else who might be able to help."

Try not to allow yourself to waste time feeling guilty about saying "no." It's not ever going to be possible to do everything you want to do or everything that other people want you to do. Saying "no" is critical for managing stress and making sure that you have the time and energy for the things that are most important to you.

[Info for Everyday Life](#)

Portion Distortion

As portion sizes keep getting bigger so do our waistlines and pant sizes. For a reality check read <http://www.msnbc.msn.com/id/20825325/>. Moderation is the key element when eating, especially when in a restaurant setting where it is all too easy to be a 'container eater' (eating whatever is in the container - no matter how big or small the container is that is placed in front of you).

Nike Training

Few of us have ever been or ever will be a professional hockey player. However, a lot can be learned from those players that have put in the effort and usually their hearts into becoming the best that they can be in their sport.

Provided in conjunction with Nike and Hockey Canada this site provides in great detail a huge array of workouts (some even have complete series of workouts), assessment tools and the ability to build your own program. Broken down into speed, strength, power and conditioning a person is able to see through a wide selection of professionally filmed video clips just how to perform each maneuver.

If you are looking for workout ideas or things to round out an already existing workout then check out <http://www.nike.com/canada/niketraining/#>. Not only will it give you some valuable info but it'll get you pumped and ready to GO!

[Interesting Things and Things That Interest](#)

Every year since Christmas 2002 Larsen Family Chiropractic has participated in the Adopt-a-Family program which is organized through the [Central Alberta Women's Outreach Society](#). This program helps provide individuals and families the opportunity to have a fantastic holiday celebration.

We have once again started collecting monetary donations here at the office. Those that wish to become involved simply have to make a donation of the amount they chose by either cash, cheque or credit card and sign the Christmas card at the front desk. We will collect these donations until Friday, December 7th. Once all the donations are in, the staff of LFC will do the shopping (based on the 'wish lists' provided from the family), wrapping and delivery to the CAWOS. You can help make a difference this season.

The Hub

We are a team of 4:

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

Carol Simpson (Wellness Coach) carol@docstacy.com

Janice Doherty (Chiropractic Assistant-on LOA) 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.

Dr. Mark Dryholm is helping us out temporarily and is available for chiropractic care during our regular hours on Tuesdays and Thursdays. Call 340.0278 or email info@docstacy.com for an appointment.

We are at present actively seeking a chiropractor to come into the office full-time for coverage while Dr. Stacy is away for treatment. Our hope is that we will have that person in place by the beginning of 2008.

NOTE: Carol will be away from the office Wednesday, November 28th – Friday, November 30th as she will be away for a conference in Calgary.

Dr. Mark will NOT be available for chiropractic care on Thursday, November 29th.

“People are marvelous in their generosity if they just know the cause is there.”

~Will Rogers

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