



Larsen Family Chiropractic:  
A Creating Wellness  
Center



**October 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](mailto:info@docstacy.com) and place 'subscribe newsletter' into the subject line.

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### **Focusing On...**

#### **The Bottom Line**

Two questions that sometimes gets asked is “why am I not losing weight as fast as I thought I would be?” and “is exercise really that important?” The quick answers are “it depends” and “absolutely!!!” The **VERY** bottom line of weight loss is that your energy expended (through living life and by exercise) has to be greater than the energy you consume (the calorie content of your food). Every 3500 calories less you eat and/or exercise away will result in a one pound weight loss. It is just that simple and that basic.

Controlled, healthy weight loss will result through eating a well balanced diet with focus on meal timing and eating in moderation complemented by a well rounded exercise program. A-ha! That is where the exercise comes into play. Can you lose weight without exercise...sure but why do it the hard way?

The main motivator for most people to exercise who have weight loss goals is because it burns calories. While true, it does so much more. A few benefits include: building cardio vascular health, increasing strength and flexibility, changing your body composition by converting fat into lean muscle mass and increasing your metabolism. It improves muscle tone and in turn your appearance and how your clothes fit. All fantastic things I think you would agree. Exercise is like many things in life that bring good return – work hard, be consistent and good things will happen. Stop with the

excuses and justifications and just get up and move your body, it will be very happy you did!

### **[Info for Everyday Life](#)**

#### **World of Women**

Our office will have a booth at the World of Women Show at Westerner Park on Saturday, October 20<sup>th</sup> (10 am – 6 pm) and Sunday, October 21<sup>st</sup> (11 am – 5 pm). Come on around and say hi to us. We would love to see you and you can enter our draw. If you know of someone who is interested in the Creating Wellness Program or who you think would benefit from it why not bring them around to the booth? It is a great opportunity to see what we are all about and have a complimentary body composition analyses. Check out <http://www.worldofwomenshow.com>.

#### **Healthy U**

In January 2002, the Alberta government accepted the recommendations of the Premier's Advisory Council on Health report and responded with an action plan to build a better public health system.

[Healthy U](#) was developed as a public information and education campaign to support and encourage Albertans to lead healthier lifestyles by providing them with access to reliable health information on healthy eating and active living.

Main areas of interest are 'Active Living', 'Healthy Eating', 'Healthy Places' and 'About Healthy U'. The Alberta specific website is chock full of useful information. Take the time to surf through it! <http://www.healthyalberta.com/default.htm>

### **[Interesting Things and Things That Interest](#)**

In our ongoing efforts to provide you with interesting, fun information we are in the planning stages of what will be a complimentary evening class open to all. This class will be approximately 1 hour in length and be on a specific topic of health and wellness. These may be presented by ourselves or potentially others representing their field of expertise.

We would like your feedback as to what topics you would like to see covered in these mini session i.e. reading and understanding food labels, core and ab workouts, financial understanding, learning to run and so forth. If you have had a burning desire to learn more in a specific area please [contact the office](#) and let us know and we will take a serious look at making it part of one of our workshops. Thanks!

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Not very often do we do this but we are going to give ourselves a pat on the back. Jan and Carol recently attended the Creating Wellness All Centers Conference in

Bloomington, IL. While in attendance Larsen Family Chiropractic was awarded the Wellness Award of Excellence. Only ten offices out of 207 were recognized for their excellence in wellness. Our office is only 1 of 6 such offices in Canada with the remaining centers in the United States and New Zealand. Kinda cool!!

### **The Hub**

We are a team of 4:

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

Carol Simpson (Wellness Coach) [carol@docstacy.com](mailto:carol@docstacy.com)

Janice Doherty (Chiropractic Assistant) [jan@docstacy.com](mailto: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 on our regular hours on Tuesdays and Thursdays. Call 340.0278 or email [jan@docstacy.com](mailto:jan@docstacy.com) for an appointment.*

**NOTE: Carol will be unavailable on Monday, Oct. 22<sup>nd</sup> and the afternoon of Friday, Oct. 26<sup>th</sup>. The office will be closed on Wednesday, Nov. 7 as we are having a booth at the City of Red Deer Wellness Fair and Monday, Nov. 12 in honor of Remembrance Day.**

**“Healthy citizens are the greatest asset any country can have”**

**~Sir Winston Churchill**

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