

# **FIVE WAYS TO LIVE HEALTHIER**

## **1. BREAKFAST**

Eat something before work, or at least before lunchtime. Stop rushing and take the time to put some needed morning nutrients into your body.



## **2. DRINK PLAIN WATER**

Not sugary juices or vitamin infused drinks.  
Drink regular water!

### 3. GET INTO A BEDTIME ROUTINE

Getting 8 hours sleep per night helps regulate your body functions.



### 4. EXERCISE DAILY

Your body was made to move, and doing so regularly helps your muscles stay active and your joints stay flexible.



### 5. GET ADJUSTED REGULARLY

Schedule your next appointment to help maintain optimal health and restore balance to your nervous system.

## Other Important Considerations



### Time for a New Mattress?

A quality mattress that supports your back can make all the difference between getting so-so sleep and superb shuteye. If you don't sleep on a mattress that offers adequate support, you may experience persistent low back pain.

When shopping for a mattress, you want to ensure that it supports the natural curves and alignment of the spine. It's a good idea to lie on different mattresses that offer varying degrees of support. Comfort, after all, is critical.

You may find, however, that a too-firm mattress could result in aches and pains on pressure points. A medium-firm mattress is likely your best bet as it provides essential comfort as well as sufficient support.

Consider, too, a memory foam mattress as it offers great support as well as can prevent and reduce pain. A new pillow is important with a quality supportive mattress.

Getting regular chiropractic checks is another excellent way to relieve back pain and possibly enhance your sleep!



**Phone us today on 9185 2071 for an appointment**