



# SPINAL RAP



ISSUE #8  
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## SPRING HAS SPRUNG!

The grass is green, there are leaves on the trees and it seems the bitter cold is on its way out. Now that the warmer weather is finally here, there is more opportunity to take your health and wellness routine outdoors! [Walk-In Chiropractic Clinics](#) is wishing all of its valued patients & clients a happy spring and encourages everyone to stay active and stay healthy!

Sincerely,  
*Walk-In Chiropractic Clinics*

Follow us!



### SPRING CLINIC HOURS

#### WEST CLINIC

Monday	8:00 AM - 5:00 PM
Tuesday	8:00 AM - 8:00 PM
Wednesday	8:00 AM - 5:00 PM
Thursday	8:00 AM - 8:00 PM
Friday	8:00 AM - 5:00 PM
Saturday	9:00 AM - 11:00 AM
Closed for lunch	1:00 PM - 2:00 PM

#### EAST CLINIC

Monday	7:30 AM - 5:00 PM
Tuesday	7:30 AM - 5:00 PM
Wednesday	7:30 AM - 6:00 PM
Thursday	7:30 AM - 5:00 PM
Friday	7:30 AM - 1:00 PM
Saturday	11:30 AM - 1:30 PM
Closed for lunch	1:00 PM - 2:00 PM

### WALK THE WALK

Looking for a simple way to stay active AND enjoy the nice weather? We have the answer....Walking!

Even if it's only for 15 minutes a day, walking is the best way to get in some activity and keep your body moving throughout the day. Getting into an activity habit is important and with the nice weather coming our way, it's easier than ever to get your routine started!

[Check out this article](#) for a few tips when working on your walking! The best tip to remember: moving means improving!

### STAY ACTIVE ON THE JOB

Do you have a job which requires you sitting for long periods of time? While we all enjoy a comfortable chair when trying to complete that daunting task, staying in one position for a long time puts stress on the joints and can lead to early degeneration of the spinal discs. 3 ways to change it up for your body include:

- **Taking frequent breaks;** grab a coffee, walk around and greet your coworkers, take the long way to your mailbox and get your legs moving!
- **Pay attention to posture;** slumping, slouching and hunching over your work decreases blood flow to your muscles and increases fatigue.
- **Choose the right chair;** back support, armrests and a slanted front to promote posture are all aspects of a chair that keeps you comfortable to get the job done!

[Click here](#) to read more about ways to vary your stagnant movement during the long work day.

