



Get Relief and Get Well... Getting You Back to What Matters Most!!!

Allied Chiropractic, P.A.

Website: www.alliedchiropractic.com; Find us on our [social media sites!!!](#)

The AC Insider

Keep Your Spine Healthy in 2012

With 2012 now upon us, we usher in the new year with a renewed sense of joy, happiness, relief and optimism. Because of these feelings, resolutions are made at the beginning of a new year to achieve a goal that makes us feel better in some way than the year before. So, for us to keep enjoying life and make 2012 the best year ever, why don't we do what we can to keep our spines and nervous system healthy?! Getting our spines adjusted on a regular basis whether we are in pain or not is a wonderful way to feel and stay healthy, so that we can continue to enjoy our favorite activities, play with our kids or grandkids, concentrate on work, and enjoy our family. Remember, "If we don't have our health, we don't have anything."

"If You Don't Use It, You Lose It."

The above sentence is so true, especially when it comes to feeling well and being able to do the things that matter most to us (ie. family, work, and life in general). How we feel from day-to-day is a product of what we do throughout our day. For most of us, we sit most of the day for our careers, work at computers or desk work and stay immobile for long periods of time. As a result, we get the "hunched-over, shoulders rolled forward posture." So, along with getting adjusted on a regular basis, try to get up out of your chair and walk around every so often to use your body the way it was meant to... move!!!

January 2012 Issue



Newsletter Spotlight

- AC Happenings
- Winner of our December drawing
- Quote of the Month
- A New Year Resolution
- Move Around!!

What's Happening at Allied Chiropractic, P.A. in January?!



- **Happy New Year** from all of us at Allied Chiropractic!! We hope 2012 brings you much health and prosperity.
- **Our January Drawing:** Enter your name in our drawing at each appointment this month for a chance to win a Scheel's gift card.
- **WE ARE ON TWITTER AND FACEBOOK!!** - Find us, like us, and watch for updates about the clinic, tips, and health related stories... *tell your friends too!!!*
- **December G.C. Drawing** — Congrats to **Tracy B.!!!** She won a Starbucks gift card!!!! Thanks always to all those who participated!!
- **January Quote of the Month:** "Cheers to a New Year and another chance for us to get it right." - **Oprah**
- **Someone you know looking for greater health?**
Refer them to Allied Chiropractic, PA!! **We Are Your Teammate in Health!!**