



## **Walk Yourself to Better Health**



Exercise doesn't have to be complicated and any physical activity is better than none. In fact, a brisk walk may be a better fat burning exercise than other more vigorous activities. The reason is when your heart rate is lower your body has more time to turn fat cells in to energy. Walking regularly has been associated with a healthier weight, decreased risk for heart disease, diabetes and high blood pressure. Walking may also cause bones to be stronger due to activity.

### Tips for Walking Without Injury:

1. Keep your head up, look straight ahead and not at your feet.
2. Keep your back relaxed and your shoulders below your ears.
3. Pull your belly button slightly backward toward your spine.
4. Wear proper shoes. Think good support with thick flexible soles, not flipflops.
5. Start by walking slowly then pick up your pace. Do a slower cool down at the end of your walk.
6. If you read the stretching newsletter we sent out in January, follow the lower body stretches post walk.

You should aim for between 150 and 300 minutes of moderate activity per week. That is 5 30 minute walks per week. We live in a beautiful state, get out and enjoy it this summer and make your days healthier.

- Dr. Chris





### **The Truth About Cracking Your Knuckles!**

The popping sound created by a cracking knuckles is caused by air escaping from the synovial fluid in your knuckle joints. Synovial fluid helps to lubricate the joints and provide a cushion for movement. When the bones are separated slightly it releases bubbles from the synovial fluid. Multiple studies have confirmed that cracking your knuckles will not lead to an increased risk of arthritis, however it may cause reduced grip strength and hand swelling long term. If possible replace the habit with a different one although occasional popping may be ok to relieve pressure in the knuckles.

### **Make New Mother's Day Memories This Year**

This year, make a new tradition and enjoy #MothersDay at the Westminster Promenade Terrace! We've teamed up with the Colorado Women's Classic 5k/10k & 10 Miler Crew to help you give mom the best day ever!

Optimal Health will be doing RockTape and posture analysis and Relaxing Restorations will be doing sports massage and stretching! Take advantage of this 10% discount with promo code "MOM2019" by midnight on Saturday May 11th!

\*\*All registrants will enjoy cupcakes, shopping, and flowers at the finish line! Register here:

[www.ColoradoWomensClassic.com](http://www.ColoradoWomensClassic.com)



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