

MAY YOU TAKE A STEP IN THE RIGHT DIRECTION

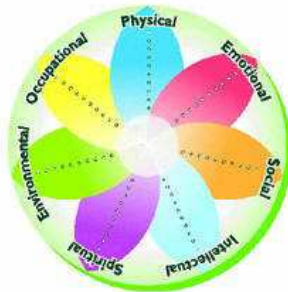
MAY 1, 2009

The greatest wealth is health. ~Virgil

DIMENSIONS OF WELLNESS

The ten most common dimensions of wellness are:

- ~Physical ~Intellectual
- ~Emotional ~Spiritual
- ~Social ~Environmental
- ~Occupational ~Financial
- ~Mental ~Medical



WELCOME

Here at Iowa Chiropractic, we decided to take a step towards Wellness. We feel that it is important to live well so you can benefit from a healthier lifestyle, lower risk of disease, increase productivity, lower insurance rates, etc. Charles B. Corbin of Arizona State University states the definition of wellness as, "wellness is a multi-dimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being."

Wellness is an active process of becoming aware of

and making choices toward a more successful existence.

~Process means that improvement is always possible

~Aware means that we are continuously seeking more information about how we can improve.

~Choices means that we consider a variety of options and select those in our best interest.

~Success is determined by each individual to be their collection of life accomplishments.

We will be implementing programs, presentations, lunch and learns, and much more to further educate you on how to live a healthier lifestyle for you and your family. Please do not hesitate to approach us with any questions concerning your well-being.

We are very excited about discovering wellness with you! Our main goal is to educate and empower you to live less sick and more well lives. Look around the office to see what exciting thing we are going to do next.

www.definitionofwellness.com

DID YOU KNOW?

- Fruits and vegetables are great sources of potassium which helps regulate fluids and helps to maintain normal blood pressure.
- Skim milk has the same nutritional value that whole milk has, with less fat.
- One medium orange meets the daily adult requirement for vitamin C.

WE HAVE NUTRITION COACHING



Dr. Ann is a 2002 Magna Cum Laude graduate of Palmer College of Palmer College of Chiropractic. She has been certified in

nutrition and wellness, and is currently training to complete a 360-hour chiropractic pediatric diplomate program. In addition to caring for patients at the clinic, she will also be providing individualized nutrition coaching based on each person's needs and goals. Talk with

Dr. Ann about how to get started! Please see any of the staff members for pricing on our new additional service.

Wellness Matters!



*Life is not merely to be alive,
but to be well.*

~Marcus Valerius Martial



Tip of the Day

Popcorn is a whole grain and can be a healthy snack with little or no added salt and butter. Ready-to-eat, whole grain cereals such as toasted oat cereal also makes a great snack.

NEW ADDITION TO IOWA CHIROPRACTIC



My name is Shelby Kent and I am a 2009 graduate from Grand View University.

With a major in Health Promotion with a Wellness Management Emphasis, I am interning here at Iowa Chiropractic. Along with Dr. Martin and Dr. Ann, I will be implementing a Wellness Program that will be available to all patients. I believe that health is the most important thing we have and we take full advantage of it. My goal is to educate all patients

on how to live a healthier lifestyle. Please do not hesitate to ask me any questions concerning our new program. Along with weekly newsletters, I will be implementing presentations, mini-programs, conditions of the month, etc.

I look forward to discovering wellness here at Iowa Chiropractic with all the great patients we have. Please feel free to inform us of what you may want out of this program. We want you to take that step towards a healthier lifestyle, as well as your family.

Check out our website!

www.iowachiroclinic.com

Remember

- [Make half your grains whole](#)
- [Vary your veggies](#)
- [Focus on fruit](#)
- [Get your calcium rich foods](#)
- [Go lean with protein](#)
- [Find your balance between food and physical activity](#)
- [Keep food safe to eat](#)



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**Just because you're not sick
doesn't mean you're healthy.**

~Author Unknown