

Health Matters Chiropractic Centre presents:



The Spinal Column

Spring 2013– Volume 6,



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@ Vaughan Mills
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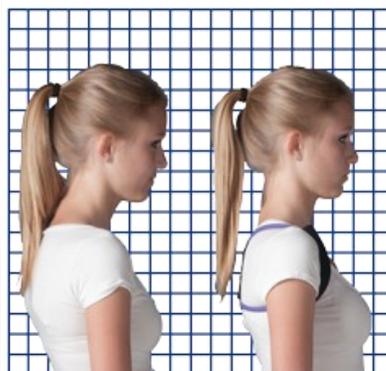
Hedie Habibnia MSc, CCN

Health quote of the month:

"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier."

- Tom Stoppard

Improve Your Posture Today With the *PosturePerfector*!



BEFORE & AFTER

The more time that you spend watching television, working at a desk, on the computer, or driving, the worse your posture becomes. As a result of these positions muscle imbalances are created. The muscles in the front of your shoulders and chest become extremely tight from the constant flexion and the muscles of your upper back become extremely weak.

The *PosturePerfector* has been designed specifically for the purpose of off-setting these imbalances by helping you

to stretch the muscles of your chest and strengthen the muscles of your upper back, resulting in helping you create good posture!

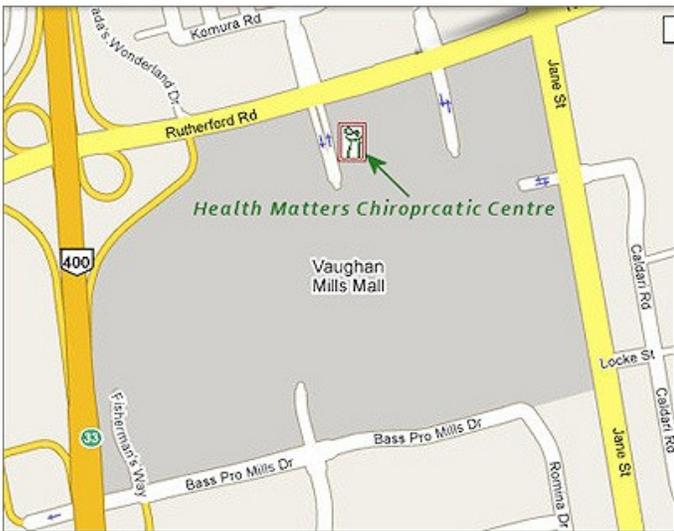
The *PosturePerfector* is recommended for anyone over the age of 12, that sits or stands for long periods of their day. It can be used practically anywhere and by people with every level of physical ability.

Correcting your posture can:

- Reduce stress on lower and upper back
- Increase range of motion
- Reduce fatigue and positively impact sleep
- Increase blood flow to and from the heart
- Reduce blood pressure and increase circulation improve breathing and diaphragm function
- Improve nerve signals from the spine
- And much more!

The *PosturePerfector* is now available at Health Matters! Visit thepostureperfector.com for more information!





Summer Hours of Operation: Closed Sundays

Monday	9:00 am - 7:00 pm
Tuesday	9:00 am - 7:00 pm
Wednesday	9:00 am - 7:00 pm
Thursday	9:00 am - 6:00 pm
Friday	9:00 am - 3:00 pm
Saturday	9:00 am - 3:00 pm

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Clinic Updates & Events: Health Matters Wins Again!

Health Matters wins the Readers Choice Award for the fourth year in a row for acupuncture and chiropractic!



Health Matters Chiropractic Centre

Acupuncture | Registered Massage Therapy

Chiropractic | Laser and Orthotic Therapy

NUTRITIONAL THERAPY AND SPINAL DECOMPRESSION THERAPY- NOW AVAILABLE



Best Chiropractor and Best Acupuncture Provider

We Thank
 the community of Vaughan
 for acknowledging our efforts
 for the third year in a row!



www.EnhanceLife.ca **905.532.0410**

3175 Rutherford Road, Suite 57 at Vaughan Mills Mall

Community Partners:

Northern Karate Dental Arts Clinic Dr. Misho

ODW Fitness– Orna Wolfe– Certified Fitness Professional

Currently Accepting New Patients

Referrals are always appreciated



Gardeners are Athletes Too!

Remember these important tips:

- **Do the "scissors" when you rake:** Stand with your right leg forward and your left leg back while you rake. Switch every few minutes. This will keep you from bending and twisting your way into a sore back. Take periodic breaks while you're working.
- **Change hands frequently:** Changing hands when raking and hoeing prevents muscle strain on one side of the body. Try to stand as straight as possible with your head



upright. Pause every few minutes to stretch.

- **Use long-handled tools:** Long-handled tools let you avoid bending forwards and sideways as you work, which can cause you to strain your neck or lower back. Check at a garden store for the latest models.
- **Lift properly:** Face the object you plan to lift, bend your knees, and draw the load in close to your body. Use the muscle power of your legs to lift. Don't lift heavy objects above your waist. Ask for help moving big flowerpots and bags of soil or garden waste.

- **Kneel to weed and plant:** Constant bending and squatting can put strain on your back, neck and leg muscles. You can buy special kneepads and mats that make kneeling on the ground more comfortable.

And finally, like all good athletes, drink plenty of fluids throughout your workday. Cool down at the end of your garden workout; repeat these stretches or take a short walk around the block. You've earned it!

Taken from
www.chiropractic.on.ca



Defining health to enhance life.

