



Health Matters Chiropractic Centre Presents...

# The Spinal Column

MAY 2014

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## Gardeners are Athletes Too!

Remember these important tips when gardening:

- *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.

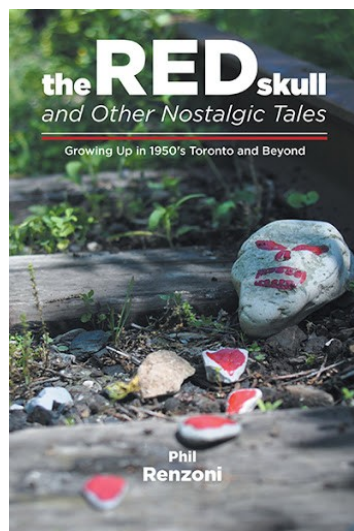
- *Use long-handled tools:* Long-handled tools let you avoid bending forwards and sideways as you work, which can cause you to strain your neck or lower back.

- *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.

- *Kneel to weed and plant:* Constant bending and squatting can put strain on your back, neck and leg muscles.



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!



## Clinic Updates

Health Matters has an author in the family! Order a copy of *The Red Skull and Other Nostalgic Tales* by Phil Renzoni at [www.friesenpress.com](http://www.friesenpress.com), or pick one up at the clinic!

# Corporate Wellness



## QUOTE OF THE MONTH:

*Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.*

- Doug Larson

Health Matters Chiropractic Centre is actively teaming up with local companies to help promote health and wellness in the workplace. If your business is interested in teaming up with us, contact us via phone, email or walk-in!

Why is corporate wellness important?

- One of the primary benefits of corporate wellness involves a reduction in the rates of illness and injuries among employees. Unhealthy employees experience a wide range of work-related injuries such as muscle strain, carpal tunnel syndrome, stress fractures or back pain.
- Corporate wellness programs also lead to a reduction in employee absenteeism. Employees who are stressed, unhealthy or overworked tend to become sick much more often than healthy employees.

- Another benefit of corporate wellness programming is a reduction in the cost of healthcare. When employees are healthy and less stressed they tend to rely less on costly programs such as disability insurance and sick leave.
- Increased productivity is another benefit of corporate wellness. Employees who are happy and healthy tend to produce a greater volume of work at a higher quality than unhealthy employees.



*Dr. Mark, Marina, and Lucy the Skeleton were happy to be a part of the Health and Wellness Fair at Toromont this April!*

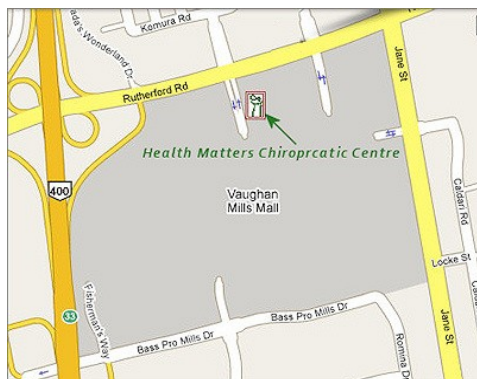
## Cranium Corner

Email or fax us the answer to this riddle by the end of the month and your name could be picked to receive \$10 off your next chiropractic visit or an additional 15 minutes for your next massage!

**Riddle:** What occurs once in a minute, twice in a moment and never in one thousand years?

Email: [EnhanceLife@rogers.com](mailto:EnhanceLife@rogers.com)  
 Fax: 905-532-0410

## Location & Hours of Operation



3175 Rutherford Rd, Suite 57  
 Vaughan, ON  
 L4K 5Y6

Sunday	CLOSED
Monday	9:00am-6:00pm
Tuesday	10:00am-7:00pm
Wednesday	9:00am- 7:00pm
Thursday	9:00am-6:00pm
Friday	9:00am-3:00pm
Saturday	9:00am-3:00pm