



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Wendy Lanser's Breakthrough Patient Newsletter...

Lanser Chiropractic Inc.  
990 W. Fremont Ave Ste P  
Sunnyvale, CA 94087  
408-245-5454

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

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Dear Patient and Friend,

At the beginning of every year many people decide that this is the year they get healthy – eat better, sleep more, exercise and meditate and all the other good things that lead to better health.

The problem is, when we try to do everything, it's hard to get it all right, and if we set the bar unreasonably high, then it feels like we're failing even if we're doing pretty well.

Instead, in this New Year, pick one thing and commit to working at it.

Do you want to be fitter? Plan a simple exercise program, starting slowly and getting more vigorous as you make progress. Three thirty minute sessions should be plenty to get started, and then add more sessions and more intensity from there.

Do you want to be thinner? Reduce your portion size – you can still eat a variety of foods, but eat less, and you'll be surprised how easy it is to knock off some of those unwanted pounds.

Do you want to be calmer and less stressed? Pick a short time each day just for quiet time, to be alone with your thoughts, or even better, see if you can get outside and commune with nature, or learn to practice yoga.

Do you want your body to be tuned up to peak efficiency? Visit your chiropractor – doctors of chiropractic are experts on the inner workings of your body, keeping you in alignment and balance for optimal performance.

Maybe you can do all of these things over time, but at least you can do one right now – pick a health habit and commit to it, and you'll feel better, look better, and your body will work that much better. Happy New Year!

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Ring out the old, ring in  
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## Choosing The Right Exercise Program

At the beginning of each year, so many of us decide once and for all that we're going to get into good physical condition, shed some pounds or put on some muscle, and mostly, we have a great attitude about it.

But few of us stay committed for more than a few days or a few weeks, too short a time to develop new habits and gain momentum. So, instead of overextending yourself, pick an exercise routine that you can handle without too much pain, and get into the swing of physical fitness.

When we think of someone who is fit, we imagine a muscular man in sweatpants and a form-fitting T-shirt, or a slender woman in tights and a tank top. But fitness isn't a size, or a particular body build – fitness means that your body is toned and working well, able to adapt to stresses and adversities, and up to the task of what it is called upon to do.

Someone who wants to be an astronaut or a Navy Seal will define fitness differently from a fifty-year-old exercising for the first time in twenty years. Words like fitness and wellness may be contextual – in other words, they depend on the situation. For example, you may look at people who are fifty pounds overweight and think they look fat. But what if some of them were a hundred pounds overweight, and they lost fifty pounds to get to where they are right now? If you had seen them before, you would think they look great – it's relative.

It's the same with fitness – wherever you are right now, positive movement is your objective. If you are already very fit, you may want to tweak your workout, but for most of us, choosing a program of exercise depends on where we are starting and how quickly we want to see change.

For so many of us, getting in better physical condition is nothing more complicated than simply moving more – you might try getting up to change the channel on your television instead of squeezing the remote, to check your attitude on the way into this new adventure. If that seems like too much trouble, you'd better start slow.

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## Choosing The Right Exercise Program

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You might begin with something as simple as... breathing. Sitting comfortably, breathe in... and breathe out. Do it again. Believe it or not, this is really, really good for you, bringing more oxygen to your cells. If you were to breathe deeply ten or twelve times, up to your tolerance, you would feel better and you would be healthier overall. If you want to get more out of your breathing exercises, aim for a ratio of 1 to 4 to 2 – in other words, try breathing in for a count of three, hold for a count of twelve, and breathe out for a count of six. Do this ten times in the morning and ten times in the evening, and you will soon notice the difference.

The next level up from here would be three thirty minute exercise sessions each week. You could walk, swim, stretch, practice yoga, jog, or do aerobics, for example – it's a matter of taste, and what your objective is.

A quick word about sports -- people all over the world enjoy sports, both as observers and participants. If you choose to play a sport, it can be great exercise – just be aware that certain sports carry a bit of danger, from wear-and-tear stresses to the spine and limbs, or the threat of traumatic injury. Be sure to warm up and stretch out properly in preparation, and to cool down effectively after your game or match.

And if you've mainly been an observer, pace yourself if you choose to get out onto the field of play – it may not be quite as easy as it looks, so start appropriately slowly and play only up to your comfort level, at least in the beginning, working up to a more vigorous approach.

No matter what your current status, you can find a level of exercise that works for you, and moves you in the right direction. Pick something you will do, and do it consistently, and you too can reap the rewards of being physically fit – vitality, endurance, strength, and a renewed passion for life.

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## Ring Out The Old, Ring in The New ...

Here are some favorite quotes about welcoming the New Year!

### (From brainyquote.com)

Write it on your heart that every day is the best day in the year.  
~ Ralph Waldo Emerson

Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.  
~ Helen Keller

Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.  
~ Goran Persson

All of us every single year, we're a different person. I don't think we're the same person all our lives. ~ Steven Spielberg

Celebrate what you want to see more of. ~ Tom Peters

### (From GoodReads.com)

"Cheers to a new year and another chance for us to get it right."  
~ Oprah Winfrey

"Tomorrow is the first blank page of a 365 page book.  
Write a good one." ~ Brad Paisley

"For last year's words belong to last year's language and next year's words await another voice." ~ T.S. Eliot

"The object of a new year is not that we should have a new year. It is that we should have a new soul." ~G.K. Chesterton

### (From Psychology Today)

"Good resolutions are simply checks that men draw on a bank where they have no account." ~ Oscar Wilde

"From New Year's on the outlook brightens; good humor lost in a mood of failure returns. I resolve to stop complaining." ~ Leonard Bernstein

"New Year's Day is every man's birthday". ~ Charles Lamb

"New Year's Day ... now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual." ~ Mark Twain

"Ring out the old, ring in the new, Ring, happy bells, across the snow: The year is going, let him go; Ring out the false, ring in the true."  
~ Alfred, Lord Tennyson

"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man (or woman)." ~ Benjamin Franklin

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