



Health Matters Chiropractic Centre Presents...

The Spinal Column

MARCH 2014

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@ Vaughan Mills

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Get "Fit-in 15" this March Break!



The 15 minute fitness habit.

Fit-in 15 has been developed by Canada's Doctors of Chiropractic, experts in muscle and joint function, and champions

of healthy living. They recognize that it can be hard to find time in a busy day to focus on physical activity. That's why they created Fit-in 15, an easy and manageable way to start the habit.

15 minutes a day will get you started on the way to many health benefits:

- Better heart health
- Improved circulation
- Greater flexibility & strength
- More stamina

• A brighter outlook
Tips to help you fit-in your fifteen minutes each day and get you started:

- Have a distraction, like listening to music
- Find a buddy
- Pick a specific time of day
- Try not to miss a day
- Change up your program and vary your activities

Visit <http://www.fitin15.ca/Home.aspx> for more details!



Clinic Updates

5 years in a Row!!!!

We'd like to thank the community of Vaughan for Choosing **Health Matters** as the Gold Winner for the 2013 Vaughan Citizen Readers' Choice Award for Chiropractic Care.



Workstation Ergonomics



QUOTE OF THE MONTH:

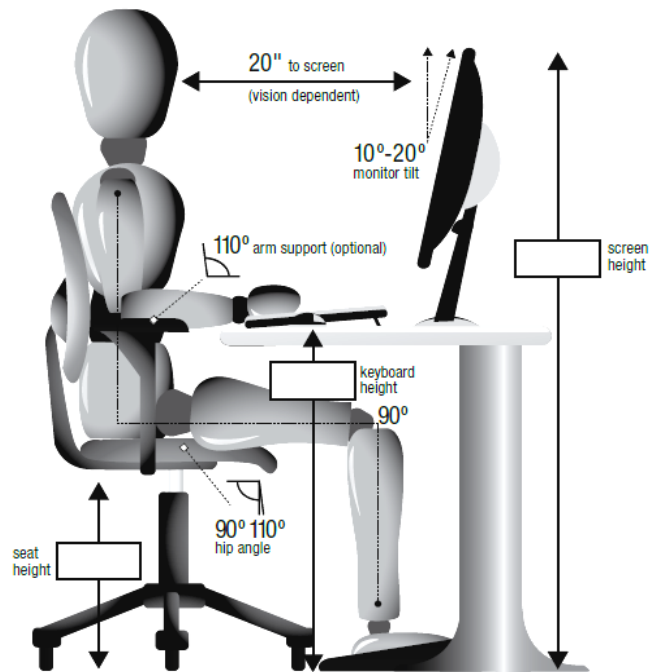
To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

- William Londen

Important things to consider when attempting to maintain neutral body postures at the computer workstation:

- Feet should be resting comfortably on the floor or on a footrest.
- Thighs should be fully supported by chair seat.
- Hip angle should be 90-110 degrees, with knees slightly lower than hips.
- Chair backrest must support natural curve of the back.
- Elbows should rest comfortably at one's side.
- Wrists should be straight/flat.
- Head should be centered over the neck and shoulders.
- Work tools (i.e., keyboard, mouse, telephone, etc.) are to be positioned within easy reach so elbows rest comfortably at one's side.

- "Cradling" the telephone handset between one's shoulder and ear should be avoided.
- Monitor(s) and document holder should be located/positioned to allow neutral posture of one's head and neck.
- Frequent change of position, movement and/or stretching is the optimal way to maintain energy, form and productivity.



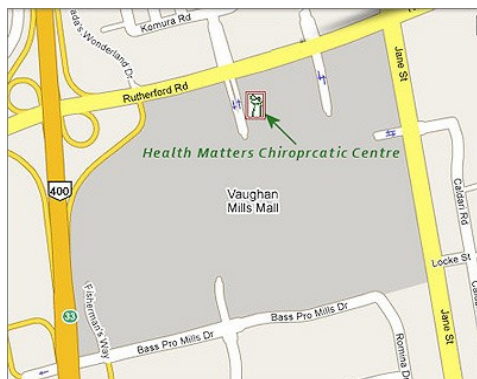
Cranium Corner

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 goes up when rain comes down?

Email: 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