

April Changes...



April 2019

Just as April showers bring May flowers, spring is a time of great re-emergence and new growth. What changes have you thought about making as we move towards summer. Will this year be more of the same, or will it be better? It all starts with a decision . Once the decision is made, the next step is to set a goal. Then make a plan with doable steps and track it. Make the steps of your plan ones that you can follow and accomplish daily, weekly and monthly.

Good health is a gift that we often take for granted until it is gone, but like anything that is worth having it can be regained with some work. A habit is defined as a routine of behavior that is repeated regularly and tends to occur subconsciously. In order to change the outcome we need to change our habits. If we know that our current habits are detrimental, then we need to make a decision to change what we are doing.

Go for a walk tonight– you'll sleep much better– that's a start. Have an egg and some fruit for breakfast instead of cereal or a pop tart– you'll find that you are less hungry by 10 am. Replace juice, pop and Starbucks with water to increase oxygen levels , hydrate and detoxify– you'll be amazed! Pack your lunch instead of eating empty calorie fast foods– it will make a world of difference in how you feel! If pain is stopping you from being active then I say– Try Chiropractic.

At the end of the day– I don't know anyone that doesn't want to feel good and be healthy. Unfortunately, some have let that slip away. Demand a change for yourself. Make a decision. Make a plan that you can follow and track it for accountability. Seek guidance if needed– its available right here! Remember– without a decision and a plan– a goal is just a wish or dream. Spring is a time of change—are you ready? I am!

Check out our website drwinkonline.com

