

# Achieving A Healthy Body: Tips to help us keep moving and feeling great!

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What I have learned in my career as a Chiropractor thus far, is that accidents and injuries can happen to anyone. What are different in these injuries are the severity and the rate of healing after these injuries occur. Having a body that is working efficiently, with minimal stress, creates a very strong foundation that is needed if and when injuries happen. To get your body working efficiently is actually quite simple, with getting active being top on the list. Physical activity is what helps our bodies function and makes it easier for our bodies to do the processes that they need to do. But it is important to know what to do and to do things correctly. Here are some proven steps that can help you achieve a strong body and are easy enough for anyone to start doing on their own.

First thing in any type of health concern is to find out how your body is working at its current state. There are several different ways to find out where you are depending on your problem and the goal of where you want to be. If your goal is to get more physically fit or tone, then the first step would likely be to a personal trainer, or getting a physical at your primary doctor. Depending on what is in your health history and any symptoms you may be having, it would be a good idea to get the appropriate blood work done. Knowing the foundation of how your body is working will dictate how well you will achieve your goals of a healthy body. This is often an overlooked step, but can be key to your success. If you are suffering from an injury or have an injury in the past, it is very important to work with a personal trainer to help you strengthen the injured area and to make sure that exercise is done correctly to prevent a reoccurrence of the injury. Personal trainers are great for keeping you motivated to reach your goals.

The next step now that you know how your body is working and you are exercising regularly, is to eat right. It is important to give your body what it needs to build strength. Eating Twinkies and drinking soda all day will ensure that all your hard work and time was well wasted. Learn how to give your body what it needs and how to curb cravings by meeting with a nutritional counselor, dietician or a naturopathic physician. You need to make sure that your body has the ability to break down the food and absorb all the nutrients. Even if you eat relatively healthy already, these health professionals can teach you life long habits that can add years of happiness to your life.

Now that you are on your way to feeling great, you need to get a strong support system. If you have a family, take steps at home to incorporate the things that you have learned into your daily routine. Introduce more healthy home cooked meals. Healthy food can taste fantastic and are usually only a turn off to kids if you announce that they are full of vegetables and nutrition. Start adding more active activities to your nights and weekends. Take walks, go for bike rides, take more active vacations, start a neighborhood softball game with your neighbors. Be creative and do what makes you and your family happy. It is much easier to stay focused and on the right path if you are not the only person that is making the effort.

Other things to think about are how you handle stress. This means mental, chemical or physical stress. Mental stress can be handled through talking to a counselor or psychologist, or just finding ways to deal with your stress through yoga or meditation. Chemical stress can be anything toxic in your environment: new carpeting, pets, dust, smoke, and medications are just a few examples. It may be worth while to get a home inspection to test the air and water quality to see if there are things that can be done to your home to eradicate allergens and other chemical stressors. Sometimes the solution can be as easy as getting your ducts cleaned, adding a water filtration system, eating organic and natural foods or adding plants to your home. Physical stress can be anything from sleeping on an improper mattress or pillow, not using ergonomics, poor postural habits, and past injuries. Health professionals such as Chiropractors, Massage Therapists, and Physical Therapist are just a few examples of professionals that can help eliminate physical stress from your daily routine. You work your body hard each and every day and it is important that we give it a chance to rejuvenate and work at its best.

Achieving a healthy body can seem overwhelming sometimes. Once you take the first step by gaining the knowledge of knowing where you are at presently, the following steps are easy to incorporate. It can be very easy to make excuses and keep doing the same patterns that got you in the place where you are at, but the effort to change these patterns will be well worth it.