

January 8, 2009

Volume 3, Issue 1



*thrive* chiropractic  
wellness centre

## New Years Health Resolutions

I was astounded to see three times the normal number of people at yoga this morning, until I remembered it was the New Year.

The New Year is a popular time for resolutions - whether it is to quit smoking, exercise more or generally live a healthier life. Your [Vancouver Chiropractor](#) is an integral part of this plan.

We can help in two ways - to ensure that your spine and body is ready to embark on its new adventure, and to catch any small problems before they become big.

Seeing your chiropractic doctor before starting a new exercise plan is an excellent way to make sure your

resolution becomes a permanent change. Many people will start a program that is ill suited for their physical condition or any previous injuries they may have. We can help you to tailor a program that will keep you healthy and out of our office in the New Year.

Secondly, getting a yearly spinal check-up is a great way to identify any small problems that can turn into big ones with time. An adjustment along with specifically tailored exercises can keep you healthy for yet another year.

Our motto at Thrive is "We love to see you, just not that often." Focusing on prevention as opposed to treatment will go a long ways to keeping you healthy and happy in 2009.

## Need Help Making A Change?

Looking for some resources for getting healthy in 2009.

Looking to quit smoking? Rachel Shoniker at [Revitalize Now](#) has an excellent plan to both stop the addiction and deal with the habit. Rachel uses low-level laser therapy along with a habit control program.

Our acupuncturist [Kurt Jurek](#) can also help you quit smoking with a series of effective acupuncture treatments. You

can [contact](#) Kurt for more information.

If you're looking to get back to the gym, the best way to ensure that the change sticks is to use the services of a personal trainer.

Our two favorites include Brian Yamanaka of [Le Physique Personal Training](#) and Craig Boyd of [Precision Athletics](#). Give them a call!

## Upcoming Office Closures

There are no schedule changes for January 2009.

### *Topics in this issue:*

- New Years Health Resolutions
- Need Help Making A Change?
- Upcoming office closures

### Practitioners:

Dr. Ian Boonstra, DC  
Dr. Debbie Wright, DC  
Kurt Jurek, R Ac  
Cheri Naslund, R Ac  
Katrina Smith, RMT  
John Yamashita, RMT

Thrive Chiropractic  
Wellness Centre  
1546 W 2<sup>nd</sup> Ave.  
Vancouver, BC  
V6J 1H2

p: 604-730-0111

p: 604-730-5444

f: 604-730-4655

info@thrivewellness.ca

www.thrivewellness.ca