



BE HEALTHY.

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## Health: It's All In The Family

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As we become increasingly able to live longer and longer, it is critical that we teach our children and grandchildren good lifestyle habits so that they may enjoy every year of their life in good health. We don't just inherit genes from our parents—we also inherit lifestyles. What lifestyle are you passing on to your children?

Everyone knows the importance of diet, exercise, and regular chiropractic adjustments, but we often forget that these habits are essential to have at age 1 or 100. A strong support system is vital for lifelong health and wellness. As a result, a healthy lifestyle needs to be a family activity. The current generation will be the first in history to have five generations in a family as a norm: the newborn baby, 25-year-old parents, 50-year-old grandparents, 75-year-old great grandparents, and 100-year-old great great grandparents. With so many generations present, it is important that we teach one another good diet and exercise habits to ensure good health at every age.

### Vacation Lifestyle

Vacations are a great time to rest, relax, and spend quality time with your loved ones. It is also the perfect time to reinforce a healthy lifestyle for the whole family. The next time you plan a trip with your family, be sure to include some physical activity on the itinerary. Rent bikes for a family bike ride down the beach, or plan a hike or a nature walk. These activities are great exercise and perfect for family members of all ages. Also, remember to maintain a healthy diet. You want to unwind, but you don't want to overtax your body with unhealthy foods.

### A Family Doctor

As important as it is to relax as a family, it is even more important to stay healthy as a family. Make sure that you and all of your family regularly visits the members of your healthcare team including your chiropractor, nutritionist, massage therapist, etc.

We all know how beneficial lifelong chiropractic care is for adults. Each successive adjustment continues to remove any interference to your nervous system, allowing your body's systems, defenses and natural healing abilities to function at their highest level. Regular chiropractic care also reduces the chance of injury, improves posture, and increases energy. Pediatric chiropractic care involves lighter, fingertip adjustments, and by keeping your child's spine balanced and free from interference to their nervous system, their body can develop and function at its highest potential. Chiropractic care is also beneficial with common childhood problems like persistent earaches, colic, sore throats, headaches, bed-wetting, and growing pains. Make chiropractic a family priority, just like you would dental and vision care.

### Feel Young Again

Just as we teach our children healthy habits, our children have a lot to teach us as well. Kids have a contagious youthful energy and an appreciation for so many things that adults often forget in the day-to-day grind. They can remind us how fun it is to play catch, how fresh air and a game of tag clear your head, and just how beautiful those spring flowers really are. So no matter what your age, remember to teach your loved ones how to live long and well, because when it comes to a health, it's all in the family.

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