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Here are some easy things you can do to help yourself be healthier and happier!

- Begin to increase your daily water consumption. (The goal is to drink at least $\frac{1}{2}$ my body weight in ounces of water daily, ex. $200\text{lbs}/2=100$ and add oz, 100oz H₂O/day)
- Decrease your daily caffeine (coffee, soda, energy drinks) consumption to one or two at the most 8oz cups.
- Adjust all your ergonomic positions for the better, make sure the center of your computer monitor is at eye level when you are sitting up straight. When you are texting or surfing the web on your phone bring your hands up so you are looking straight ahead at the phone and not looking down at it.
- Don't consciously sleep on your stomach, side and back are best.
- Do range of motion movements twice a day for your neck and low back for 1 minute in each direction (look left to right, look or bend up/down, tilt side to side).
- Don't sit for more than 60 minutes at a one time, at least stand up and walk around your chair.
- Make sure to get at least a 15 minute brisk walk in every day.
- Limit or avoid eating processed foods and work to get 8 servings of fruits and vegetables every day.

In Health,

Dr. Mooberry

Helping: Whiplash, Headaches, Migraines, Neck Pain, Back Pain, Sciatica, etc for over 13 years!