



Lifestyle-Based™ Care
for A Better You™

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November 2008 Issue

It's All in the Attitude

The attitude or the intent by which you do something is often important to the success of the action. It does make a difference WHY you do it. I can recall exercising regularly as a youngster. I did not do it for health reasons, but for the same reason most teenage boys do it—I wanted big muscles to impress the girls! Every day or so, especially after working out, I would stand in front of a large mirror in various poses, vainly looking for the muscles to begin popping out in my chest, arms, and stomach. Obviously, I was disappointed. It just does not happen overnight! I even recall one entire summer in which my friend and I worked out in the back yard faithfully. But there was very little evidence of our time and effort. Needless to say I became discouraged and did not pick up a weight for many years.

As a middle-aged adult, I began a serious exercise program, but for a different purpose. I no longer was interested in building

big muscles or an impressive physique. Now I was exercising for my health. I had no time frame to get in shape, such as a summer or wrestling season. It was not necessary to measure my progress with a tape measure. I did not even need a full-length mirror in my workout room. My intention was to exercise for health—for the rest of my life. With that attitude, there is no frustration, no discouragement, no failed expectations. I just happily go into the basement and work out, regularly and consistently, knowing that I am benefiting my body no matter what. My goal is doing what is best for my health.

What is more frustrating than anything is the setback I had with my eye injury not only took me away from my regular workouts, it also shifted my attitude. I've talked myself in and out of doing things since that injury and that's about to change. *(yes – that comment is my public way of putting myself in a predicament to do what I know I need to do.)*

Let's look at eating habits. Many people get into good eating habits to lose weight, drop a size,

or look good at the beach. They are constantly on the scale, frustrated, hungry all the time, and irritable. They tend to go on binges, and if they do lose the weight, it often is put back on within a year. Some people, however, take the attitude that they are going to develop good eating habits for the rest of their lives. They are not worried about whether they are losing pounds. If they were overweight to begin with, they are not in a hurry to drop pounds. They know they are "on the program," not for a week or a month or six months, but for the rest of their lives. They don't feel guilty if once in a while they enjoy a hot fudge sundae or double cheeseburger. They don't feel like they have to punish themselves by skipping meals, because they are into good eating habits as a system, as a lifestyle. These people do not worry about whether they conform to the national average for weight relative to their body size. They know that they have established a sensible eating lifestyle and their body will regulate their weight to what is normal for them as individuals.

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Chiropractic is another area where your attitude makes a difference. Some people use chiropractic to enable their bodies to heal themselves of physical ailments. When the condition is gone, they stop care. Often it comes back, some times it does not. Other people, after a period of time, decide that chiropractic is not enabling their bodies to heal themselves and they discontinue care. Both of these groups miss the true benefit of chiropractic care. A third group understands that chiropractic maintains the nerve system free of interference due to vertebral subluxation, and that this is important for them for their entire lives.

They decide from the beginning that regardless of immediate physical changes or lack of physical changes, they are going to make chiropractic a regular part of their health care. They come regularly to have their spines checked and adjusted when necessary. Regardless of how they feel or whether they are in need of other forms of health care, they see their chiropractor regularly. These are the people who will receive the maximum benefits for the rest of their lives.

Benefits We Offer...

- **All Walk-In! (Established Clients)**
- **Little or No Wait to Be Seen**
- **Affordable Chiropractic Care**
- **Gentle Care for All Ages - Infants and Adults**
- **Monthly and Family Plans are Available**
- **Same day appointments for new clients**

First Visit By Appointment Only – Convenient morning, afternoon, and evening appointments available.

1st Visit Satisfaction Guarantee!

If after we've answered your questions and explained what we can do for you, you are not totally satisfied that you can become A Better You™ with our service, then there is no charge or obligation for the time used.

Pass It Along and Earn Perks!

Help others by sharing this newsletter with them and earn rewards for yourself. Earn Chiropractic Perks™ by referring others.

Happy Thanksgiving everyone! And thank you for choosing our office for your chiropractic adjustments.