



# Chiropractic Newsletter

## Your Amazing Body

### Happy Spring!

Spring is just around the corner, and it's a time of new beginnings, growth, and energy! Just like the flowers bloom and the trees grow new leaves, your body is always changing, growing, and adapting. Your body is AMAZING, and this month, we're celebrating all the ways it helps you move, play, and feel great every single day!

#### Your Body is Made to Move

Did you know your body is designed to MOVE? Your bones, muscles, and joints work together helping you run, jump, climb, and dance. Your spine is like the trunk of a strong tree – it supports your whole body and helps you stay balanced. But the spine doesn't just stand tall and strong, it is also made to move! It has 33 bones, called vertebrae that connect from your pelvis up to your head. Your spine is PROTECTIVE – it's like a moveable armor that protects your spinal cord – and your skull is like an armor that protects your brain. Why is this important? Well, your body is really smart – so it made a bony protection system for the most important part of you – your brain and spinal cord. Your nervous system—made up of your brain, spinal cord, and nerves—helps send messages from your brain to every part of your body, making sure everything works together smoothly, even when you sleep!

Your body is always making adjustments to keep you strong and steady. If you trip, your nervous system helps you catch yourself. If you're playing soccer, your brain quickly tells your feet where to go. Your brain and body are always communicating with each

other – every single second of every day. This allows you to move and feel your best so you can enjoy your life – playing, growing, thinking, and doing whatever you love.

#### How to Keep Your Body Feeling Its Best

Just like plants need sunshine and water to grow, your body needs good care to stay strong and healthy. Here are some ways to show your AMAZING body some love:

- **Move Every Day:** Running, jumping, playing, and stretching keep your muscles and joints happy. Movement helps your body stay strong and flexible!
- **Eat Colorful Foods:** Just like spring gardens have lots of different colors, your plate should too! Eating a rainbow of fruits and veggies gives your body the vitamins and energy it needs.
- **Get Plenty of Rest:** Your body does a lot of growing while you sleep. A good night's sleep helps your muscles recover and your brain recharge.
- **Take Deep Breaths:** Fresh spring air feels great, doesn't it? Taking slow, deep breaths helps relax your body, calm your mind, and keep your nervous system happy. Try 3 deep breaths before bed – notice if it helps you feel relaxed!
- **Get Adjusted by a Chiropractor:** Chiropractic adjustments help your brain and body work together so you can move, play, think, and heal the way you were designed to. Just like the roots of a tree need to be strong for the tree to grow

tall, your spine needs to be in good alignment to help your body work its best.

### Fun Facts About Your Amazing Body

- Your brain can send messages to your body faster than a lightning bolt!
- You have more than 600 muscles working together to help you move.
- Your bones are super strong. Ounce for ounce, they are even stronger than steel!
- When you smile, your body releases chemicals that make you feel happy!

### Celebrate Your AMAZING Body This Spring!

As the world around you starts to bloom, take a moment to appreciate all the AMAZING things your body can do. Try something new—maybe a new sport, a new stretch, or just a fun new way to move. Your body is incredible, and when you take care of it, it takes care of you! So, this March, keep being the AMAZING you that you are! Stay happy, stay healthy, and keep moving!

—Mackenzie McNamara, DC

