



The "What Not to Do's" During Physical Activity

Greetings!

We always hear suggestions of what we "should be doing", but what about the things we shouldn't be doing to protect us?

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FEATURE ARTICLE

10 Popular Exercises That Can Hurt Your Back
By: Kyle Arsenaault

What are the main causes of back pain? Stress, strain, and improper form and technique during exercise. Here are some tips and tricks of exercises to avoid, and how to properly execute certain exercises that people often do incorrectly.

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INFORMATIVE READ

Why We Get Running Injuries (And How to Prevent Them)
By: Gretchen Reynolds (The New York Times)

The warm weather is here, so tie up those running shoes, and let's get running! - But wait! - Let's make sure we are doing it right. "Running injuries are extremely common, with some statistics estimating that as many as 90% of runners miss training time every year due to injury".

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FEATURE WORKOUT

Skipping / Jump Rope

By: Arti Patel (Huffington Post)

Skipping Benefits: Why Jumping Rope is the best full body workout, including it's low impact and high cardio.

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FEATURE PRODUCT

Don't Forget about Recovery!

Douglas Laboratories - Klean Electrolytes

Electrolytes are minerals (Such as sodium, potassium, and magnesium) in your blood and other body fluids that are essential to recovery and hydration. They are lost during perspiration, and it is important to keep them balanced after a workout especially in this warmer weather.

<http://www.douglaslabs.ca/products-detail-dl.cfm?litm=KA201390-120HYC>

[Product Information](#)



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