

Powers & Jans Centre

The Experts on Chiropractic Care:



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Ask The Experts



on
Chiropractic
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Dr. Wallace Jans

BACK TO SCHOOL

It's with fondness that I look back at the summers when my kids were still in school. Summer was a time of adventure; a time for new experiences; a time to just hang out together. My hope is that your summer with your kids will create great memories as well.

Summers are times when routines are suspended. Long, hot days provide opportunities we just don't have the rest of the year and there's no school to get in the way. As new activities are explored, many bumps and bruises occur. Meals are often unscheduled, grab what you can so that no fun will be missed. Bedtimes are dictated by the setting sun and

whatever adventure may be found in the dark of night. Summer, it seems, is also a time when kids grow at an accelerated rate. None of last year's school clothes fit anymore.

As much as the lack of routine is a privilege of summer holidays, one of the great things about school starting again is getting back into routines again. Once again regular bedtimes mean everyone is getting enough sleep. Regular meals mean eating together as a family and eating more nutritiously. A return to normal activities should produce fewer bumps and bruises. Many of the summer mishaps may be partly the result of the in-coordination that goes with rapid growth. A chiropractic checkup is in order for these growing, bruised kids.

As I've mused about in my blog (<http://powers-jans.blogspot.com/2011/03/routines.html>), routines can be very helpful for us to get the really important things done in our lives. Regular sleep habits, regular nutritious meals, regular exercise,

regular quiet times, and regular chiropractic care are all important to being healthy. It's not just kids, but all of us who seem to get out of our routines over the summer. Our health can suffer because of it. Now is the time to again get back to the important routines. This is important

for kids and adults alike.

Have you let your family's chiropractic care slip over the summer? Call today to schedule appointments for your family to be sure everyone is ready to return to school healthy. Let's all be in top health this fall.



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