



The Importance of Microbreaks

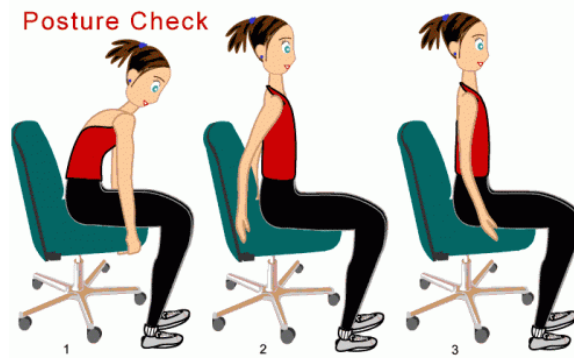
Northwest Chiropractic Center, PLLC

TAKE A BREAK

With all the sitting we do on a daily basis it is important to try and avoid muscular imbalance. Sitting can be a common contributor to neck and back pain.

A couple of ways to avoid this is to take "microbreaks" and learn proper sitting and posture positions.

A fast and easy exercise to do at home or in the office is a standing overhead reach towards the ceiling with both arms, breathing in then out slowly. Do this 3-4 times approximately every 30 minutes



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Volume 1, Issue 4
February 2013

Clinic Hours

Monday 7a- 6p

Tuesday 5a- 6p

Wednesday 7a- 6p

Thursday 7a- 6p

Friday 5a- 6p

Saturday 7a- 2p

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Call to schedule

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