

KIDS FIRST



Dr. Brad Kluver

The Definition of Health???

In this day and age many of us think we know what health is, but often times I find that many of us don't really know what the word means. I am sure you have noticed that you can't turn on the television or read the newspapers/magazines without running into something that has to do with "healthcare". We are inundated daily with information from prescriptions you should ask about, to what practitioner you should consult. I am not writing today to sway your opinion in any way, I would just like to define what we are talking about.

Health is generally defined as being "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" according to the World Health Organization (WHO).

The most common definition that people give me when I ask about health is somewhere along the lines of "I am not in pain, so I must be healthy." This couldn't be farther from the truth. Listen, just because your feet hit the floor and you have a heart-beat in the morning doesn't mean you are the picture of health.

The problem is that when our feet don't hit the floor is when we seek professional help, and usually that is too late.

Some of us in society would find it very convenient to just slide some money across the counter to purchase our health, but unfortunately it doesn't work that way. Your health doesn't work that way. Think of your health like a savings account. Through healthy lifestyle choices, you slowly build your account. In the real world most people can't amass a large savings account late in life, they had to have started the process many years prior. The same thing is true with our health. All of us would find ourselves in a better state if we took more responsibility for the things that we do, and the things we don't do.

I feel that the two largest factors contributing to health are exercise and diet. It is common knowledge that exercise is good for you, but do you know how good it is? Here are the top six benefits of exercise.

Exercise.....

1. Improves your mood.
2. Combats chronic diseases
3. Helps you manage your weight
4. Boosts your energy level
5. Promotes better sleep
6. Can be.....FUN!

Most of us know that the biggest benefits of eating healthy are that we will stay physically fit, feel better, and have fewer illnesses. We can lower our risk of illnesses like heart disease and diabetes as well. Another key benefit of eating healthy is being able to maintain a healthy weight. In this age of epidemic obesity, this is one of the simplest weight loss plans.

But how many of us teach these benefits to our children, and insure that the habit of eating healthy becomes a part

of their daily lifestyle? If we did, we could see healthier, happier children, and teenage obesity could become a thing of the past. Here are the 5 major benefits of eating healthy every day:

Eating Healthy.....

1. Shields yourself from many diseases that are now common, including heart disease and diabetes.
2. Helps meet your daily nutritional needs, vitamins and minerals in healthy foods boost your immune system and shields you from many common illnesses.
3. Increases energy and reduces stress levels.
4. Promotes better sleep so you awake more rested, sound familiar?
5. Facilitates increased weight loss as well as long term weight management.

I understand that many of the things that I mentioned in this article don't come easy, sometimes it may seem to complicate our lives even further. I also understand that a healthy diet and exercise will not always alleviate disease, but taking responsibility for our own health is the first step. It's YOUR health, and YOU'RE worth it! Feel free to contact our office for questions or advice.

Kluver Chiropractic

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& Wellness

"My mission is to help as many people in my lifetime as I possibly can - especially kids!"

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