



## Don't Worry, Be Happy

I was watching a movie the other night and one of the scenes involved the Palestinian refugee camps. That got me thinking about gratitude.

Like many of you, my 401k is down and my house value is plummeting; and I've been bummed. But seeing those people got me thinking, at least I have a paycheck to get cut, and a house to de-value.

These next two weeks, for those that are religiously inclined, is a special time. We should take this time and give thanks for our good fortune. We may think things are bad, but we have clean drinking water and don't need to worry about death squads rolling through our streets.

Plus, gratitude relieves emotional stress. All disease and disorders are caused by stress; be that physical, chemical or emotional stress, and usually a combination thereof. In fact, be-

sides getting clocked in the head with a bat, no one disease, is the direct result of one incident. Many times a day, a patient will tell me: "all I did was reach down to tie my shoe, and my back went out." We've all tied our shoes 1000's of times with no ill-affect, and if you think about it, that's not enough to cause a herniated disc. But it is the straw that breaks the camel's back. As we go through life, physical, chemical and emotional stress build and build until a seemingly non-event leads to disability.

### Free Stuff

Speaking of gratitude for what we have and compassion for the less-fortunate. I've been drafted to participate in a bowling fund raiser for the Domestic Violence Center. I'm required to come up with \$200 in donations. I've got \$30 so far. Every donation will get some sort of free gift. The more you give, the better your gift, make me an offer.



### Condition Of the Week

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**Congratulations to:**  
**Andrew D.**  
 Winner of March's "Feelin' Lucky" Raffle  
 Andrew won  
 Look for our new game starting in May. There is a chance to win every time you come into the office.  
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### Kidz Korner



Children's sports not only teach children that exercising can be fun, but also can teach them important skills like respecting authority and their bodies, working as a team, practice makes perfect and how to win or lose graciously. Make sure that while your child is out running, shooting or scoring that they are safe. Proper safety equipment such as helmets, knee pads, shin

guards are necessary to ensure safe play. Also make sure they are eating their fruits and veggies, getting enough sleep and drinking enough water so that they can stay energized throughout the game. If you have any questions or concerns about keeping you athlete safe and healthy please attend our Sports Health Clinic on April 27th.

### Dates to Remember

April 12 - Easter

**Our office will be closed on:**

April 10th, April 16th &

May 1st

## Sports Health Clinic

April 27th @ 7pm

Bring this coupon and another family with you and we will waive your family's \$15 registration fee.

See the attached flyer.

## Love Your Heart

This year alone 850,000 Americanø will have heart attacks. Of these people 80% donø know they are at risk. Donø become a statistic, take care of your heart. There are many different ways that you can help prevent heart disease.

1) Diet - Eat a healthy diet of fruits and vegetables. Instead of hitting the drive through take a stroll around the farmerø market. For every 10lbs you lose you take 45lbs of

presser off your heart and back.

- 2) Exercise - Now that spring is here it is the perfect time to go outside for a run, walk, bike ride ,pick up game of basket ball or 18 holes. 30 minutes of cardio vascular exercise 3 times a week is ideal. And if you feel your body is not ready for that, give us a call, we can help!
- 3) Donø smoke - Smok-ing not only increases

blood pressure but it decreases oxygen to the heart, increases clotting and damages cells that line the blood vessels.

- 4) Manage your stress levels - High Stress can mean high risk for heart attack. Work on time management techniques and try some stress relief activities such as meditation, yoga, walking, or gardening. Your heart will thank you!

# Health Clinic



Monday April 27th at 7pm at  
Susquehanna Spine & Rehab



2105 Laurel Bush Rd. #103 Bel Air, MD 21015

## This seminar will include information on:

- Proper nutrition and hydration
- Tips on how to get the most out of your training.
- Proper warm ups and cool downs.



- How to stretch
- Things you can do to pre-



vent injuries.



## Sports Health Clinic Registration Form:

Name: \_\_\_\_\_ Phone No.: \_\_\_\_\_

No. Attending: \_\_\_\_\_ Sport(s) involved with: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_