

THE 12 HEALTHY WAYS OF CHRISTMAS:

As you approach the “12 days of Christmas”, I doubt that any of us will achieve any of the 'purchases' in the carol. So instead I would like to share what I regard as the “12 Healthy Ways of Christmas”. Strive for these achievements to guarantee a healthy time during your festive and holiday seasons.



On the first day of Christmas my Chiro said to me: "Get adjusted regularly". Treat yourself – Have a massage, pay a little extra for a spa in your motel-room or at the pool, have a sauna, get your legs waxed, have a facial, ask the locals who is the best chiropractor in town and go and have some tension reducing adjustments, have half a day by yourself and go and sit on a hillside or next to a stream. You choose.

On the second day of Christmas my Chiro said to me: "Exercise a little; and get adjusted regularly". Exercise only a little bit more than you normally do – A common disaster on holidays is the felt-need to catch up for missed exercise routines. The resultant physical overload from attempting to “make-up” can potentially destroy a holiday. Multiple crisis visits to us chiropractors, walking on a pair of crutches or lying flat on your back in agony are not good ways to spend time-out.

On the third day of Christmas my Chiro said to me: "Eat different foods; exercise a little; and get adjusted regularly". Eat foods you normally don't eat – By the way, this doesn't mean that if you are normally a pretty healthy eater, you 'let yourself go'! Buy some different fruits, nuts and vegetables to eat, cook or BBQ. Try some unusual salads. When eating out, don't order what you normally order: try some different seafood dishes, pick the vegetarian option, ever had kangaroo?

On the fourth day of Christmas my Chiro said to me: "Let each have their own; eat different foods; exercise a little; and get adjusted regularly". Let everyone 'have their day' – Allow each family member to plan an entire day's activities. Let them discuss their plans over dinner the night before and all get involved and enthusiastic.

On the fifth day of Christmas my Chiro said to me: "Read a good book; let each have their own; eat different foods; exercise a little; and get adjusted regularly". Read some personal development books – It's great to 'vege-out' with a novel. But also read some books which explore topics of personal growth and or repair. Visit the local book store or library where you are staying and pick up something positive that catches your eye.



On the sixth day of Christmas my Chiro said to me: "Play lots of games; read a good book; let each have their own; eat different foods; exercise a little; and get adjusted regularly". Walk, play a sport, and or swim together every day – For some this may encompass point two (above). For others this is another great activity to share and re-bond together in addition to your personal exercise.

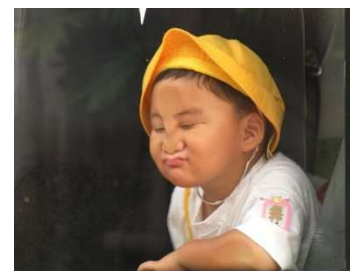
On the seventh day of Christmas my Chiro said to me: "Talk to your loved ones; play lots of games; read a good book; let each have their own; eat different foods; exercise a little; and get adjusted regularly". Dialogue – Make the most of the time to talk and listen to your loved ones. With our hectic lifestyles, when you start talking on holidays it can almost be like getting to know 'old friends' again. Talk about the experiences of the past few months; ask each other what your dreams and aspirations for the future are.

On the eighth day of Christmas my Chiro said to me: "Do something Godly; talk to your loved ones; play lots of games; read a good book; let each have their own; eat different foods; exercise a little; and get adjusted regularly". Do something spiritual – When was the last time you prayed for yourself; prayed for someone else; went to a church; read some of the Bible; meditated; lay on the floor and listened to some uplifting music? Try it, it can actually be fantastic!

On the ninth day of Christmas my Chiro said to me: "Get some good rest; do something Godly; talk to your loved ones; play lots of games; read a good book; let each have their own; eat different foods; exercise a little; and get adjusted regularly". Sleep – Allow yourself to lay-in. Allow your partner to lay-in! Have a nap on the couch, or even the bed, after lunch. Don't feel guilty, it's good for you.

On the tenth day of Christmas my Chiro said to me: "Refuel your body"; get some good rest; do something Godly; talk to your loved ones; play lots of games; read a good book; let each have their own; eat different foods; exercise a little; and get adjusted regularly". Take your supplements with you – It may be tempting to leave them at home and not have to worry about forcing some yucky powder or horse tablet down your throat. But holidays are about regenerating, and taking the right supplements can greatly assist with this. If you don't normally take supplements then maybe you can use point five (above) to learn about what you should be taking!

On the eleventh day of Christmas my Chiro said to me: "Be very silly"; refuel your body; get some good rest; do something Godly; talk to your loved ones; play lots of games; read a good book; let each have their own; eat different foods; exercise a little; and get adjusted regularly". Be silly – Try it! Roll around with your kids, make some stupid noises, try to make up a joke, get your face painted at the local fair, dance, sing out loud (despite the protests).



On the twelfth day of Christmas my Chiro said to me: "Reinvent yourself"; be very silly; refuel your body; get some good rest; do something Godly; talk to your loved ones; play lots of games; read a good book; let each have their own; eat different foods; exercise a little; and get adjusted regularly". Reinvent yourself – Change your hair-style, buy some different shades of make-up, buy a different style of clothes, practice a character trait that you wish you had on complete strangers, make some commitments for the next twelve months, be really brave – make some new year's resolutions!

This is an excerpt from the Super Healthy Wellness Coaching Manual: You can purchase and download this manual at www.superhealthy.com.au