



**Important message to our valued community**

Beach Chiropractic is still temporarily closed due to COVID-19. If you have an upcoming appointment, we will be in contact with you to reschedule. As soon as we have more information on when we will be re-opening we will send out an update.

If you need to access chiropractic care on an emergency basis, please call 705-429-0911 or email us at [frontdesk@beachchiropractic.ca](mailto:frontdesk@beachchiropractic.ca) and one of our staff or practitioners will get back to you. We will work with you to discuss scheduling options, provide advice or refer you to helpful resources. We will be checking messages daily. In addition, you can call your doctor's office or Telehealth.

If you have COVID-19 symptoms or concerns about your health, please contact your doctor's office, Telehealth Ontario by calling 1-866-797-0000 or contact your local public health unit.

Go to this link for more information on the virus  
<https://www.ontario.ca/page/2019-novel-coronavirus>

We appreciate your loyalty to our practice. We thank you for your patience and we hope you and your family stay healthy and safe during this difficult time. We understand that this is a stressful time and welcome any questions or concerns that you may have.

Sincerely,  
All of us at Beach Chiropractic  
Dr. Sarah, Dr. Mardi, Dr. Peter, Kim, Carrington,  
Cindy, Amanda, Franca, Angela, Jayne and Sheila  
705-429-0911  
[frontdesk@beachchiropractic.ca](mailto:frontdesk@beachchiropractic.ca)

**Health Research**  
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According to a recent review in the Journal of Sports Health Science, regular exercise training has an overall anti-inflammatory effect in the body. Studies consistently show decreased levels of inflammatory biomarkers in adults with higher levels of physical activity and fitness.

Randomized clinical trials and studies consistently support the inverse relationship between moderate exercise training and incidence of upper respiratory tract infections. Meaning that regular moderate exercise reduces your chances of having an upper respiratory tract infection. Several studies also suggest that regular physical activity is associated with decreased mortality and incidence rates for influenza and pneumonia.

Exercise of moderate to vigorous intensity (less than 60 minutes) has been showed to have a positive effect on the immune system. If exercise is too intense for long periods, it can have the opposite effect.

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According to Canada's physical activity guide to achieve health benefits, adults aged 18 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic **physical activity** per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. Adults over 65 years old that have poor mobility should perform physical activities to enhance balance and prevent falls.

## It's Ok not to feel OK

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Many people may be feeling anxious, unsure and even scared at this time. These are normal and healthy responses to unexpected or stressful situations. Being taken out of our regular daily routines, and distanced from our support groups and family is hard and many are struggling as a result. Reach out to friends by phone or video chat, stay active while staying at home, and do your best to eat well and get lots of rest.



## Tips

- Take deep breaths. Simple breathing exercises can help ease stress. Try breathing in deeply, counting to three, hold for a count of three, and then slowly breathe out, counting to three.
- Have a routine. Structure your day and maintain positive habits.
- Let in the sun. Open windows. Sunlight can improve your mood.
- Exercise, dance and have fun. Blow off steam and boost endorphins.
- Call or virtually connect with loved ones. Lean on each other for support.
- Stay informed. Check credible sources of information for updates but take breaks when needed. Taking in the news all day can be draining. Unplug for a bit and recharge – listen to music, meditate, read or listen to a podcast instead.
- Look for the positives. Share inspirational stories of people helping one another.
- Engage your brain. Do a word search, Sudoku, jigsaw or crossword puzzle.
- Help others. Volunteer to pick up groceries or walk the dog for a neighbour who is self-isolating. Helping someone else can make you feel good.
- Seek help. If you are feeling overwhelmed, reach out. Community help is available.

\*taken from the City of Toronto website

## Spring cleaning without the strain



During our COVID-19 quarantine spring cleaning has taken on a whole new meaning. For those of you who are home and have more time on your hands you may be wanting to tackle more household chores or start a new project. I know for myself I have been deep cleaning my house and am getting ready to paint my basement. Some of these projects you may take on will require a lot of bending, reaching and lifting that may increase your risk of injury. Here is a list of things you can do to keep yourself healthy and safe while you check off your to do list.

1) Warm up- Take a few minutes to warm your body up before you jump right in. You can do this by walking around the house, or going up and down the stairs a few times to get your heart rate up. In addition, you can add in some warm up stretches. a) sky reaches- extend your right arm over your head and reach towards the ceiling bending slightly to the left at your waist. Hold for a few seconds and then repeat 10 times on each side. b) spinal stretch- bend forward from the hips, keeping your head down and touch your fingers to the ground. c) shoulder rolls- let your arms hang loosely at your sides and roll your shoulders backwards 10 times. d) spinal twists- hug yourself and slowly rotate at the waist to the left and to the right 10 times. e) shoulder stretch- hug yourself and then open your arms wide pulling your shoulder blades together feeling a stretch in the shoulders and chest, repeat 10 times. f) chair sits- stand with your back towards a taller sturdy chair, feet shoulder width apart. Raise your arms straight out in front of you and parallel to the ground. Contract your abdominals. Slowly bend your knees and sit your hips back. When your butt touches the chair seat, don't sit, instead press up through your heels to stand. Don't use your hands. Repeat 10 times.

2) Break up heavy loads. If one of your household chores requires lifting consider either asking for help or break up the loads by taking more trips. How often when we are unloading the car of groceries do we try and take them all in one trip. We know how tempting it is to take fewer trips, but you may be increasing your risk of injury.

3) Divide and conquer- We sometimes leave all of our chores to do on our days off. It would be more ideal to break up these chores by doing 30 minutes daily rather than doing them all in one day.

4) Vacuuming and mopping the floors can require a lot of bending, reaching and twisting. Avoid reaching your arms out and instead keep the vacuum close to your body and walk back and forth with it. This will

put less strain on your back. Keep a straight neutral spine and avoid twisting, your back will thank you.

5) Switch it up. Try and break up your activities. Instead of vacuuming the entire house all at once, do one or two rooms and then switch up your activity so that you are using different muscles. If you are scrubbing the shower, or dusting periodically use your non dominant hand.

With these tips, you can feel confident in tackling your to do list safely and effectively. However, if an injury does occur, visit a chiropractor to get your spine back in working order.

## Beach Chiropractic Running Clinics



**Our next series of running clinics have been rescheduled until the Fall of 2020. Check out our website for more details. <https://www.beachchiropractic.ca/running-clinics.html>**

**We look forward to when we can see you back at the office!**

**Until then we hope you and your family stay well.**