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Patient :

ID :

THR :

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Helping Yourself

It is important to remember that **you** are ultimately responsible for your own health. Doctors, specialists, trainers, and so called experts can only guide you to your goal. **You** must take on the responsibility to become, and stay, healthy. Take small steps, graduate slowly, and reward yourself regularly. **Be patient.** To see changes in your body takes time.

To decrease pain and increase health, a balanced program of fitness needs to be achieved. Flexibility, strength, endurance, hobbies, sleeping and eating habits are all part of achieving your goals. Attention to postural changes and the control of daily stress is a good start. Remember, if you keep doing what you are doing, your body is going to keep responding the way it is responding
Stay positive and keep smiling!