



# Here's How Chiropractic Care Can Help You Be More Active



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We've all heard the "Sitting is the New Smoking" articles that have recently been making the rounds online and in the media.

*(You may have even seen a story or two talking about how chiropractic care can help you be more active like this one.)*

Nowadays, a lot of individuals are focused on leading more active lifestyles, whether it be by jogging, bicycling, swimming, lifting weights, or doing yoga.

They are seeking methods to increase their movement and decrease their sitting time.

They are planning blocks of time each day to do a workout or to simply go out of the house and engage in something they enjoy.

Everyone wants to be more active, but occasionally we overlook the need of ensuring our bodies can handle it.

## **Bottom Line:**

You've heard it before: one of the most important things you can do for your physical and mental health is to engage in regular physical activity.

It goes without saying that leading an active lifestyle encourages improved general health.

Chiropractic therapy can assist you in being more active in several ways, including by assisting you in maintaining your general ability to bend, twist, leap, and move.

Regular exercise and physical activity can benefit you...

- More reliably manage your weight.
- Lessen your likelihood of developing certain health challenges.
- Reduce your overall stress levels.
- And improve your mental outlook.

However, if you're anything like 80% of people (yep, 80% of us), you could not be engaging in enough physical activity each week.

And it's possible that you're one of the many people who deal with daily pains that prevent you from being as active as you'd like to be.

That's where we come in.

In Austin, Texas, we are the go-to full-service, complete body adjustment chiropractor, and we're here to help you feel better without the use of any painkillers.

## **Why it Matters:**

For more than 125 years, chiropractic care has been discussed in relation to wellbeing.

What precisely can chiropractic care do to encourage you to exercise more?

Movement-based care is chiropractors' main area of interest.

"Move better, feel better, heal better" is our motto.

It goes without saying that leading an active lifestyle can assist to enhance your general wellbeing.

It goes without saying that you feel better when your neck, arms, shoulders, upper back, lower back, hips, legs, knees, and ankles aren't "stuck."

You feel less "run down," you have less of a need for those over-the-counter painkillers, and you have one less excuse to postpone your plans because you have one fewer issue on your mind.

How therefore can we maintain the best possible movement in your body?

Continue reading.

## How Chiropractic Care Can Help You Be More Active

Let's begin with Movement 101.

Spinal manipulation and other natural, movement-based treatments are the main emphasis of chiropractors when it comes to enhancing your neuromusculoskeletal performance.

There are three different types of movement that affect your general health.

1. **Segmental:** how well your body's individual joints move.
2. **Regional:** how well your neck, low back, arms, and legs move.
3. **Whole body:** how well your whole body moves.

Here's how...

- **Segmental Movement:** Regular chiropractic adjustments can positively influence the function of your nervous system, help decrease aches and pains, and help relax your muscles.
- **Regional Movement:** Regular stretching can help to improve your range of motion and biomechanics and your energy levels.
- **Whole Body Movement:** Daily exercise can help to improve your mood and your sleep and help to lower your risk of chronic disease.

You'll hear us say it time and time again: after reading about how chiropractic care can help you live a more active lifestyle, make the decision to finally see a full-body adjustment chiropractor in Austin, Texas, and give us a call.

Move better. Feel better. Heal better!

## Next Steps:

Each year, millions of individuals make New Year's resolutions to be more active, but they occasionally fall short.

It happens.

You now have the means to succeed, nevertheless, this year!

Together, we discussed a few practical measures for establishing health goals and some easy techniques for getting started cultivating a more optimistic mentality earlier this month.

And maybe you now have a better understanding of how chiropractic care can encourage you to lead an active lifestyle and the part it can play in helping you eventually achieve your 2019 resolutions (whether they are brand-new or not!).

Your body will appreciate you in a variety of ways if you provide the right support.

Tell us if you've been hindered by persistent aches and pains.

We're here to help you get well and stay healthy so you can stay active and achieve your objectives as [Austin Texas' go-to complete body adjustment chiropractor!](#)

#### **Science Source:**

[How Often You Should Exercise. Cleveland Clinic. 2022.](#)

[The Use of Spinal Manipulation to Treat Injury. J Can Chiropr Assoc. 2016.](#)