



REEDCHIROPRACTIC

Dear Patients,

Congratulations! You have chosen to take the first step to improve your health by participating in our 6 weeks to Wellness Challenge. I created this challenge because I see so many patients in our office who want to make changes in their lives, whether it be exercising more, eating better, sleeping better, or just living overall healthier lives, but don't know where to start. Remember, change is easy, thinking about change is always more difficult.

The 6-Week Wellness Challenge incorporates the Five Essentials of Wellness which I believe are necessary for you to practice in order to live a healthier life. By moving, resting, eating well, keeping your nervous system balanced through chiropractic care, and practicing positive mental health you are doing what is necessary to live a life free of sickness and disease.

During the next six weeks, we will check with you on your progress because we want you to be as successful as you can be! If you ever feel discouraged or need some help or new ideas on how to stay motivated, feel free to ask any one of us. As you go through our challenge I ask you to think about the following:

In the long run, we shape our lives and we shape ourselves. The process never ends until we die, and the choices that we make are ultimately our responsibility. ~ Eleanor Roosevelt

Again, I congratulate you on making a commitment to wellness. Good Luck!

In Health,

Dr. David T. Reed