



adjust your lifestyle™

Stress Less America™

Making the most of Challenging Times

Stress levels are at an all time high. With the lingering downturn in the economy, stress is challenging our resiliency and impacting our quality of life like never before. Don't let this happen to you.

Centenarians, the fastest growing segment of our population, have endured incredible stress during their lifetimes. How many recessions do you think a 100 year old person has lived through? The answer is an astounding 21 recessions plus the great depression. The moral of the story is that even though times are tough, you're going to make it. We want you to make it in style.

Stress Less America was created to give you access to free stress relieving information, products and services to help you positively deal with stress.

Visit www.stresslessamerica.com to start de-stressing now. Corporate and organizational sponsors of Stress Less America include 100 Year Lifestyle providers around the country as well as Gold's Gym, Les Mills, Nightingale Conant, The National Association of Personal Financial Advisors and dotFIT. In addition to the information provided by these sponsors, here are some additional tips to help you Stress Less.

Exercise is a crucial element of stress management. When you perceive things as stressful, your brain sends a message to your body over your nervous system and tells your body to produce chemicals that are meant for physical activity. Your heart beats faster, your muscles contract, and your breathing increases. When you exercise, this energy gets burned off. When you don't, this energy wears and tears on your body and begins to break it down. Chronic stress can strain your nervous system, spine, muscles and heart and lead to many health problems.

Through Stress Less America, you can customize your own fitness and weight loss or healthy eating plan online. You can try this incredible resource for 14 days free or sign up and make it your lifestyle. As an alternative you can receive a free week of exercise at any Gold's Gym in the country by downloading a complimentary pass from our website. Thank you Gold's for opening your doors to all of us.

You can also receive a free week of fitness classes, thanks to Les Mills. With thousands of locations in health clubs nationwide, they provide the perfect fitness solution to help you burn off stress in a group environment, which can give you strong social support as well.

Good nutrition is also a very important component of helping your body cope with stress. There are some foods such as red meat, white flour, white sugar and alcohol to name a few that are hard to digest and cause stress to your body. Healthier foods such as fresh fruits and vegetables, lean meats, legumes, brown rice and 100% whole wheat flour are much better choices.

Through Stress Less America, you and your family can receive a free spinal stress screening through offices affiliated with The 100 Year Lifestyle, including ours. Chiropractic care can provide substantial relief for a stressful life and give you the framework for a healthy, stress-free lifestyle.

If you are stressed by finances, you can download special forms prepared by NAPFA, as well as find a link to a NAPFA representative near you.

There's more available to you online. Don't let stress get you down. Visit www.stresslessamerica.com and begin de-stressing now. Invite your family and friends to call us today at 221-6234 to arrange for their Free Spinal Stress Screening.

Lark Chiropractic

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