

Lifestyle

Show Us Your Move!

First Move....and then move often!

By Dr. Sandy Sachs

What would you do with 5 extra years? A question recently posed to children all over the world. Today's 10 year olds are the first generation to have a shorter life expectancy than their parents. 5 years of their life's potential has been subtracted. What would they do if they could get it back? What would you do if could get more years back?



week" and make a pledge to move more. If you are a "scheduler", put time for exercise on your calendar. If you are in need of a bit of encouragement, sign up for an exercise or yoga class. If you are a "socializer", call a

friend and plan a time to walk or hike. If you are a goal setter, find an event or goal to accomplish in the near future. If you are one of those that views exercise like "brushing your teeth", keep on...moving on. Additionally, we'd like you to "send us your move" via video or photo. Check out the SLO Wellness Center Facebook page for more information as well as an opportunity to win a free massage.

The health of our future depends on the health of our present. When I asked my 10 year old son what he would do with 5 more years, he said, "I'd spend more time with the time I have". Like my son, I would also take the long view. I would continue to squeeze the juice out of life and make life the best it can be.

Want to be inspired? Check out designedtomove.org to see what other 10 year olds would do with 5 more years. Want to be part of MOVember, go to us.movember.com. Want to live longer? Get out and move and then move often. ♣

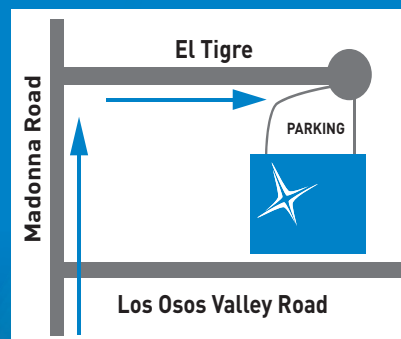
Dr. Sandy Sachs is a chiropractor and passionate educator at SLO Wellness Center where he teaches his patients healthy lifestyle habits and the benefits of chiropractic care.



The same great team
you trust for your
dental care is moving
to a new location!



11545 LOS OSOS VALLEY ROAD
SUITE A • SAN LUIS OBISPO



RYAN M. ROSS, DDS

CALL US AT 805-541-5800 TO
SCHEDULE AN APPOINTMENT.

NEW PATIENTS WELCOME!
OPEN 5 DAYS A WEEK!

World Class Dentistry in Los Osos

Come experience what we have to offer,
world-class dentistry for patients of all
ages. We guarantee you will smile

- Comprehensive Family
& General Dentistry
- Cosmetic Dentistry
- Sedation Dentistry
- State of the Art Dental Technologies
- Affordable Payment Plans



Call us to set up an exam or consultation.



MARVISTA

Cosmetic & Family Dentistry
The Dental Practice Of
Lars Lindgren D.D.S.

528-1695

1205 4th St, Baywood Park
www.MarVistaDental.com

**FOUR-WEEK
FITNESS
FAST
START**

4 weeks of fat-blasting, muscle-building
personal training and nutrition coaching!

"It's the best investment
I have ever made
in myself."
-Rachel Abbott, Morro Bay

**A \$544 value
for just
\$197!**

before after!

Get all the details at www.AthlonElite.com
or call 805-546-6070

Whiplash injuries Sinus and tension headaches
Post-concussion syndrome Temporomandibular
joint disorders (TMJ) **Vertigo and labyrinthitis**
Fibromyalgia **Chronic pain and fatigue** Sports
performance **Balance enhancement**

LAUREN PREWITT, D.O., INC.
traditional osteopathy
1495 Palm Street, SLO | www.dr.laurenprewitt.com

(805)
776
3002

**MICHELLE
HAMILTON
L.Ac.**

ACUPUNCTURE - MASSAGE - HERBAL MEDICINE

- Back/Neck Pain
- Tendonitis
- PMS
- Headaches & Stress
- Infertility
- Tobacco Dependence
- Insomnia
- Labor Induction
- Allergies
- Sciatica

**Call today for
an appointment**

SLO Wellness Center • 1428 Phillips Lane #300 • San Luis Obispo • SLOLAC.com • 805.543.8688