

# SCHRICKEL HEALTH & WELLNESS

September 2022

*Health Aware Newsletter*

We have a new website!  
**www.schrickelhealth.com**



*Scan me*

## This Month

- We just launched a new website! Learn more about our office, download forms, read our blog, contact us, and more! Many thanks to Ben McGinnis of McGinnis made for creating a beautiful website!
- September 2nd: Come see us at First Friday in downtown Steubenville!
- September 7th: Our first monthly newsletter launches!
- September 11th: Today marks 21 years since the 9/11 attacks took place. We remember all those that we lost and all the brave men and women who continue to fight for our freedom. Our own Alex Hart and her husband, Steubenville Police Officer Eric Hart, coordinate the annual Blue Mass for First Responders at St. Peter's Catholic Church in Steubenville, OH. This year's Blue Mass will be held on Sunday September 11th at 10:00 am. Schrickel Health and Wellness is a proud sponsor of the event.
- September 14th: Schrickel Health and Wellness will be hosting the Jefferson County Chamber of Commerce's Coffee and Connections! This is a monthly networking event where chamber members learn about and support other local businesses. Look for the big tents next to our office!



## Health Alert: BACKPACK SAFETY

School has just started back up! Make sure you child's backpack is safe:

- Has two adjustable straps that are wide and padded
- Both straps should be used
- Has a padded back
- Has multiple compartments
- Never hangs more than 4" below waistline

## Wellness: PREVENTING WRINKLES

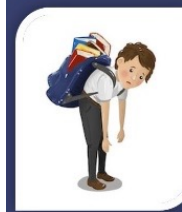
According to the Cleveland Clinic, the sun causes 90% of the signs of aging in skin. They recommend using sunscreen every day as part of your routine. There are several other things you can do to prevent wrinkles, including: avoiding harsh products, minimizing sugar and refined carbohydrates, avoiding environmental pollutants (aka get some fresh air), get plenty of restful sleep, stop smoking, and consume healthy fats (oil, avacodo, nuts, fish...). To read more, visit: <https://health.clevelandclinic.org/is-your-skin-aging-7-ways-to-prevent-wrinkles/>

## Nutrition: SUGAR

Avoid added sugars! Added sugars that exist in products (like a soda) get absorbed more rapidly and are quickly converted into calories compared to natural sugars. Natural sugars, such as those in an apple, get absorbed much slower because of the fiber content. Your body is able to handle this slower rate of absorption much more effectively. According to the CDC, women should consume no more than 25 grams of added sugar a day and men should consume less than 36.

If you are looking to lower your sugar intake, consider drinking more water instead of sugary beverages. Beverages are the leading source of added sugars. A mountain dew bottle has 77g of sugar. That equates to 19.25 cubes of sugar!

## BACKPACK REMINDER



Backpacks should not weigh more than 10% of your child's body weight.

**Quote:**

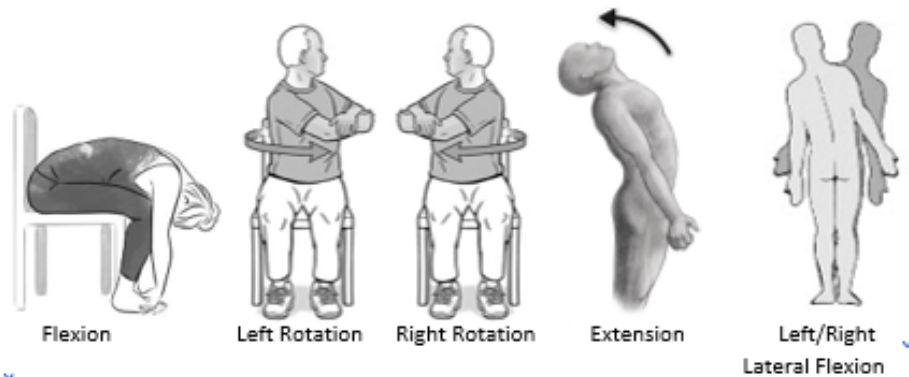
“If you can dream it, you can do it” -Enzo Ferrari

**Exercise: EASE & PREVENT LOW BACK PAIN**

This exercise is great for those suffering from low back pain. Some of you may recognize it! This exercise gets your back moving, nourishes the joints, strengthens the muscles and counteracts any asymmetry that may start to develop. This exercise will help you feel better and prevent future flare ups.

**Lumbar Range of Motion Exercise**

- Flexion: While sitting on a chair, flex the upper body forward from the waist and attempt to touch your toes with your fingers. Hold for 10 seconds.
- Right and Left Rotation: While sitting on a seat with no armrests, twist the upper body to the right as far as you can. Hold for 10 seconds. Repeat to the left.
- Extension: While standing, extend the upper body backwards from the waist as far as you can. Hold for 10 seconds.
- Right and Left Lateral Flexion: While standing, slide your hand down the outside of your right leg as far as you can down towards your knee. Hold for 10 seconds. Repeat to the right side.



Do the above exercises 2 times a day

*\*Note: Do not exercise if your pain is rated above a 5/10.*

YOUR REFERRAL IS OUR GREATEST COMPLIMENT!

**Friend Helping a Friend Program**

I, \_\_\_\_\_ refer my friend \_\_\_\_\_  
to receive a complimentary exam and X-Ray's (if needed) and consultation.

Coupon Expires September 31, 2022

\*no cash value

\*cannot be applied to existing account