October is National Spinal Health Month

Columbia Health & Wellness Center
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**Spine Facts you should know**
+ Did you know over 80% of Americans suffer with some kind of back pain during their lives?!
+ The spine contains more than 120 muscles!!
+ Your spine has a memory. Keeping it properly aligned through regular chiropractic adjustments, strengthening exercises and stretching has a positive effect on its long-term health.

+ As we age, gravity has an impact on the spine. Humans shrink somewhere between a quarter and a third of an inch each decade, after the age of 40.

**Be Kind to your Spine! Here are some tips to build a healthy back:**
*Watch your figure* - Stick to a healthy diet.
*Strengthen your core* - Exercise routinely & drink plenty of water.
*Get enough shut eye* - Sleep 8 hours per night.
*Don’t slouch* - Be aware of your posture.
*Visit your Chiropractor* - get routine adjustments!