



living a HEALTHIER 2020

A new year means a new chance to put your health first, and Loehr Health Center has the checklist so you can navigate your 2020 health goals like a pro. Loehr's holistic approach to wellness covers everything from prenatal care and sports rehab to holistic pediatrics and acupuncture.



Mix up Your Exercise Routine

"Every person is different," says Loehr Athletic Trainer, Kelsey Abbott. "Exercising three to four times a week is what we recommend." Before hitting the gym, make sure you're set up for success.

- ☐ Meet with a trainer to plan and customize a workout routine.
- ☐ Set goals based on your fitness level like run a 5k, do 10 push-ups a day, or complete the Loehr Bass Pro Fitness Back2Back Challenge.
- ☐ Enlist a friend or loved one to be your fitness partner.



Improve Your Nutrition

Wellness begins with your diet, but that means more than getting your daily intake of fruits and vegetables.

- ☐ Drink more water. You need a minimum of half your bodyweight in ounces per day.
- ☐ Find out what foods your body needs with a food sensitivity test.
- ☐ Swap that afternoon snack with a fresh juice.



Stay Well

When was the last time you had a checkup? Chances are, it's been awhile. This is the year you include internal wellness in your health plan.

- ☐ Schedule annual checkups.
- ☐ Meet with a functional medicine physician to learn how everyday factors are impacting chronic pain, disease and discomfort.
- ☐ Create a checklist to set short and long term goals like weight loss.



Unwind

Stress can take a toll on your overall health. Head into the new year with a plan on how to stay calm and reduce anxiety.

- ☐ Boost endorphins by enjoying a relaxing massage.
- ☐ Unwind mentally and physically with a Tai Chi class at Loehr's new Farmers Park location.
- ☐ Improve your sleep and reduce stress with acupuncture.



Get the Gear

Next time you need some retail therapy, fill your shopping cart with items you can use in your new fitness and wellness routine.

- ☐ Replace your worn out sneakers and shoe inserts with custom orthotics.
- ☐ Get a foam roller to help your muscles recover after a long workout or even after a day of sitting at your desk.
- ☐ Pick up Biofreeze Professional or CBD salve and give your muscles some TLC after your next workout.