



# Basics First Chiropractic

A healthier spine... a healthier you.

September 2010

Visit our new web site  
[BasicsFirstChiropractic](http://BasicsFirstChiropractic.com)

## CLASSES

Posture Yoga  
Wednesdays 12-1pm

Inspired Meditation  
monthly - for info  
call 703-777-2532

Try one of our Posture  
101, Muscle Stick classes  
Wed 11am & 6:30pm


Adult Child Infant PRO  
CPR/AED  
First Sat. each month

[Email us for more info](#)

Find out where to get a  
[Painless Breast Scan](#)

[Visit our website](#) for a  
discount coupon!

Know someone who  
would like this  
newsletter?

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Not on our mailing  
list?

[Join Our Mailing List!](#)

Questions? Please  
contact Dr. Paul at:  
703-777-2532

Family Chiropractic of Leesburg is now **Basics First Chiropractic**. We still provide the same great services as before plus a few new ones. I'd like to introduce my new associate, **Dr Travis Kaufman**, a licensed Chiropractor since 2002 who has extensive experience with many forms of Chiropractic treatment. Please stop by and say hello.



Our philosophy at Basics First Chiropractic is: **"A healthier spine means a healthier you"**. We'd like to share with you the tools you'll need to improve your posture allowing you to function better and move **without pain**.

Each of my e-newsletters will give you **valuable tips** on spine care such as the Back to School article below on heavy backpacks and our **"Healthy You"** wellness tips. This month's newsletter contains a Back to School **coupon** (see bottom) and more are available only on our website [here](#).

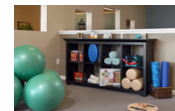
If you're a fan of Basics First and have a moment to spare, I would really appreciate you sharing a few words about your experience with us on my online profiles:

[Google Listing](#)  
[MerchantCircle listing](#)  
[Bing listing](#)

- Dr. Misty Paul, D.C.

## This Month's Topic

**Back to School:** How Your Child's Backpack can put him/her at risk



Take a moment and weigh your child and then weigh his or her backpack. A child's daily backpack shouldn't weigh more than 10% of the body weight, and some sources suggest a maximum of 5-10%. Heavy backpacks can cause growing frames to experience temporary backaches, joint pain, even muscle strains and headaches!

For the body weight chart and more tips on how to protect your child as a new school year begins, [read here](#).

## Back to School Special!

Bring your child in for a posture exam for only \$45 (regularly \$100). See coupon below.

## Healthy You! Wellness Tip - Bookmark this Website

This online magazine offers great chiropractic news and wellness tips. This month's articles: an exercise routine for a Heart-Pumping Workout; Replace This with That - How to Improve the Health Profile of Common Meals; and Exercise: How Many Sets/Reps Is Right for You?

Find Health Tools: BMI Calculator, Calorie Counter, Daily Diabetes Diet Counter,

Office Fitness Timer.

It's called [To Your Health.com](http://To.Your.Health.com). Let me know how you like it!

If you enjoyed this newsletter, please use the links at the top of the email to share with friends and family via Facebook, LinkedIn, and more!



**Save 55%**

Offer Expires: October 31, 2010

## BACK TO SCHOOL SPECIAL

Bring your child in for a posture exam for \$45 (regularly \$100).

[Share this offer](#) with friends and family.

[Visit our website](#) for additional coupons.



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*Try it FREE today.*