



## Media

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## FOR IMMEDIATE RELEASE

### Foundation for Chiropractic Progress Supports Holistic Approach as Key to Achieving a Healthy Lifestyle

**CARMICHAEL, Calif. – February 6, 2014** – The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, is pleased to support, [Raising Fit Kids: Healthy Nutrition, Exercise, and Weight](#), an educational guide sponsored by WebMD and Sanford Health. Designed for parents and children, this new resource provides information on how to achieve a holistic approach to fit living through the practice of better health habits.

“This guide helps to bring greater attention to the importance of physical activity, sound nutritional approaches and balanced living for children and teens to achieve better health,” says Gerard Clum, D.C., spokesperson, F4CP. “As an organization of doctors of chiropractic, we fully support the goals of Raising Fit Kids! Adopting a holistic approach to fit living that includes chiropractic care can provide additional health benefits and overall improved quality of life. Adopting the strategies suggested by Raising Fit Kids and the Foundation for Chiropractic Progress can help to successfully address consequential conditions such as diabetes, hypertension and heart disease, which are commonly associated with obesity and poor health.”

Doctors of chiropractic (D.C.) represent the nation’s [third-largest primary healthcare profession](#), and are trained in a wide range of conservative treatment and preventive services, including lifestyle and nutrition counseling. According to experts at the F4CP, making consistent, positive changes, such as those listed below, can help to achieve and maintain a healthy, balanced lifestyle.

- Reduce intake of harmful foods, such as sugars and processed items
- Emphasize whole grains, fruits and vegetables
- Stay hydrated, with six to eight 8-ounce glasses of water each day
- Get a good night’s rest
- Make time daily for physical activity
- Maintain a healthy weight
- Take steps to manage stress

“A holistic approach to fit living for children presents a great opportunity to improve overall health and well-being for a lifetime,” states Dr. Clum. “The Foundation for Chiropractic Progress strongly advocates

that all parents and children review this educational guide, along with other appropriate resources, to help establish a solid foundation for a happier, healthier lifestyle.”

For more information about chiropractic care and/or additional health tips, visit:

[www.yes2chiropractic.com](http://www.yes2chiropractic.com).

**About Foundation for Chiropractic Progress**

A not-for-profit organization, the Foundation for Chiropractic Progress aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, please visit us on the web at [www.yes2chiropractic.com](http://www.yes2chiropractic.com) or call 866-901-F4CP (3427).

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