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**Twitter templates**

Ever consider a holistic approach to fit living? (bit.ly)

Here are some tips to live a more holistic lifestyle. (bit.ly)

A holistic approach to fit living presents a great opportunity to improve health. (bit.ly)

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**NewsUSA Social Syndication**

**Title:** Achieve Fit Living With a Holistic Approach  
**Title Tag:** Wellness May Be Attained With Holistic Living  
**Meta Description:** According to experts, a holistic approach to fit living that includes chiropractic care can improve overall health.

**Content:** Could it be that taking a holistic approach to your and your children's health may be a way to go? According to a variety of experts the answer is "Yes."



In fact, many experts believe that the big-picture view of fit living—that is, more than just getting enough exercise—can actually help improve your overall quality of life. Among the latest to weigh in is Internet medical heavyweight WebMD and Sanford Health, which recently unveiled their "Raising Fit Kids" informational guide that gives a plethora of ideas on how "families can work together" to make positive behavioral changes in all aspects of their lives.

"Being fit is about being healthy," says Dr. Chris Tiongson, a pediatrician with Sanford Health who focuses on childhood obesity. "It's a balance between mind, body and spirit, and having everything be in sync."

It's this balance—having everything in sync—that has long been advocated by doctors of chiropractic [[www.F4CP.org/findadoctor](http://www.F4CP.org/findadoctor)]<sup>◇</sup>—the nation's third largest primary health care profession. Chiropractors, with their focus on the structure and function of the body have understood what it takes to be "in sync" for over a century. They not only provide non-invasive relief from neck and back pain, but are also trained in a wide range of conservative care and preventive services centered around lifestyle advice and nutrition.

"A holistic approach to fit living presents a great opportunity to improve overall health and well-being for a lifetime," says Gerard Clum, DC, of the not-for-profit foundation for Chiropractic Progress. At the top of every chiropractor's tip list:

- Take steps to manage stress and practice relaxation techniques.
- Make time for daily exercise or physical activity of some kind—get moving.
- Highlight whole grains, fruits and vegetables in your diet.
- Maintain a healthy weight.
- Replace sugary and diet drinks with water.
- Think positive and adopt an optimistic attitude.
- Improve your sitting and standing posture.

Need more to persuade you? "The inclusion of chiropractic care, with its focus on structural well-being and neurological integrity, with lifestyle changes of a holistic nature can help avoid many of the chronic conditions that develop with time," says Dr. Clum, "Small, incremental changes today can yield health benefits that last for decades."

To locate a doctor of chiropractic, visit <sup>◇</sup>[www.F4CP.org/findadoctor](http://www.F4CP.org/findadoctor)<sup>◇</sup>.

**Keywords:** doctors for chiropractic, holistic, fit living, Foundation for Chiropractic Progress

\*\*\* Text within two <sup>◇</sup> represents anchor text that will be linked to the web address that follows. \*\*\*