

## Stay Healthy and Active this Summer with Chiropractic Tips from Golden Given Chiropractic



**GOLDEN GIVEN  
CHIROPRACTIC, P.S.**

As the summer season approaches, it's time to soak up the sun, engage in outdoor activities, and enjoy the warm weather. However, it's important to keep your health and well-being in mind as you embark on summer adventures. Golden Given Chiropractic is here to provide you with essential chiropractic tips to help you stay healthy, active, and injury-free during this vibrant season. From maintaining proper hydration to preventing muscle strain, these tips will ensure you make the most of your summer while keeping your body in optimal condition.

## Stay Hydrated for Overall Wellness

One of the most crucial aspects of summer health is staying hydrated. With increased outdoor activities and higher temperatures, the risk of dehydration becomes more prominent. Proper hydration is essential for maintaining overall wellness and supporting your body's natural functions. Golden Given Chiropractic advises you to drink plenty of water throughout the day, especially during outdoor activities. Hydration not only helps regulate body temperature but also keeps your joints lubricated and your muscles flexible, reducing the risk of injuries and enhancing your performance.

## Protect Your Spine from Prolonged Sitting

Summer often involves road trips, vacations, and outdoor events that may require extended periods of sitting. However, prolonged sitting can take a toll on your spine and contribute to postural issues and back pain. To protect your spine, Golden Given Chiropractic recommends taking regular breaks during long drives or flights to stretch your legs and engage in gentle exercises. Additionally, maintaining proper ergonomics while sitting, such as using supportive cushions and adjusting seat positions, can help alleviate stress on your spine and prevent discomfort.

## Warm Up and Stretch Before Physical Activities

Engaging in summer sports and recreational activities is a great way to stay active. However, it's important to prepare your body properly to avoid muscle strains or injuries. Golden Given Chiropractic advises incorporating a warm-up routine before any physical activity. This can include light aerobic exercises, gentle stretches, and mobility exercises specific to the muscles and joints you will be using. Warming up increases blood flow, improves flexibility, and prepares your body for the demands of physical exertion. Additionally, remember to cool down and stretch after your activity to help your muscles recover and prevent post-activity soreness.

## Practice Sun Safety and Maintain Vitamin D Levels

Sunshine is synonymous with summer, and while it's important to enjoy the outdoors, protecting yourself from harmful UV rays is crucial. Golden Given Chiropractic suggests wearing sunscreen, a wide-brimmed hat, and protective clothing to shield your skin from excessive sun exposure. Additionally, consider spending time outdoors during early morning or late afternoon hours when the sun's rays are less intense. While sun protection is essential, it's also important to maintain adequate vitamin D levels. Vitamin D plays a vital role in bone health and overall well-being. Talk to your healthcare provider or Golden Given Chiropractic about safe sun exposure and appropriate vitamin D supplementation if necessary.

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## CHIROPRACTIC, P.S.

Summer is a season filled with opportunities for adventure and fun, and by following these chiropractic tips from Golden Given Chiropractic, you can ensure a healthy and active summer season. By staying hydrated, protecting your spine, warming up before physical activities, and practicing sun safety, you'll be well-equipped to enjoy all that summer has to offer while maintaining your health and well-being. Remember, a little prevention goes a long way in keeping you injury-free and able to embrace the joys of summer. Wishing you a fantastic and health-filled

summer from Golden Given Chiropractic!

To get started on your road to recovery, give us a call or visit our website at <https://goldengivenchiropracticps.com/>. Our friendly team is ready to assist you and provide the personalized care you need. Remember, you don't have to face this alone. Golden Given Chiropractic is here to help you regain your health and well-being after a car accident injury.

## Golden Given Chiropractic, P.S.

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***Check us out at the links below:***

<https://goldengivenchiropracticps.com/>

<https://golden-given-chiropractic-ps-chiropractor-tacoma.business.site/>

<https://sites.google.com/view/golden-given-chiropractic/home>

<https://maps.app.goo.gl/TcaxsaFmWHzmkWtd9>

