

we can help you too!

For the month of January we are offering some exciting specials!

Book now as specials are only for the month of January!

Massage with Heidi

15% off a 1 hour massage (new clients only)

Chiropractic with Dr Helen Alevaki

50% off an initial consultation and 2nd visit

Kinesiology with Caitlyn

50% off your first Balance (new clients only)

Life Coaching with David

50% off initial consultation or 4 sessions???????

Counselling with David

50% off an initial consultation (new clients only)

above - down - inside - out

above

Above is about life force. The power that made the body heals and coordinates function and life potential.

down

Down is about bringing life force or energy into the body and helping the master control system, 'the brain' communicate the wellness message throughout the body, via the nerve system.

inside

Inside is the generator. Without your control system working properly, we can hardly expect optimal life expression.

out

Out is about doing it! Allowing the pure expression of growth, health, energy and enthusiasm for life that is expressed when our body is free to do so!

clients of the month...

Chiropractic research enables us to provide you with the most revolutionary care. The following clients will have their fees donated to the Australian Spinal Research Foundation this month.

Thank you to:

**Ruby Guttman
Kris Bidenko
Tricia Munnerley**



events...

Creating Wellness Workshop

Have you attended?

Do you understand Chiropractic?

What else could you be doing to support your care?

Book now and join us for a cup of tea!

Tuesday January 19th 2010

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resolutions
c4w newsletter
january 2010



the beginning

Welcome to 2010! We cannot believe it's here already!

We hope you had a lovely Christmas and New Year and you're feeling well rested and ready to enjoy the year ahead!

The dawning of a new year seems to bring with it an energy that inspires us to make positive changes in our lives.

This month's newsletter gives you some great tips, ideas and inspiration about realistic goal setting for a successful New Year's resolution.

We are also offering some great deals in January to assist you on your path to better health, wellbeing and success!

Have a month filled with love, laughter and light!

the team from chiropractic4wellness.

Congratulations to ????? for winning the Christmas Hamper!

thought for january

***Commitment leads to action.
Action brings your dream closer.
Marcia Wieder***

resolutions

Each New Year has something magical about it. At the first of January a brand new year lies ahead of us, it is always a bit like "starting all over". Almost everybody has made their New Year resolutions, planning to do everything this new year better than in the previous years.

How can we solve these problems and make ourselves able to actually reach the goals we set to ourselves at New Year's Eve?

Try to reach one goal at a time. It is important to ensure you have balance in your life; don't try to change too much at once.

Pick one change out of your list of New Year's resolutions and start working to implement it. Your goal should be clear and unambiguous. For example; if your resolution is to exercise more you need to be more specific. Look at your commitments, think about how often you want to exercise and where you can fit it in.

Make sure that you really want to reach your goal. Ask yourself why you want to reach your goal. If your goal is based on what others want for you or what you think they want, you will not achieve it.

Your goal has to be *self-concordant*, that is something **you** want to achieve, and resonates with you.

It is important when deciding upon your goal that it be S.M.A.R.T (Specific, Measurable, Attainable, Realistic, Tangible and with a target date). If your goal demonstrates these characteristics you are more likely to be successful in your endeavour to attain a more balanced life.

Are you having difficulty believing you can do it? Are you struggling to find the positive energy to implement your New Year's resolutions?

How about trying Kinesiology?

Kinesiology works a little like anti virus software on the body and mind and can help to debug those thoughts and beliefs that no longer work for you.

If you have never experienced Kinesiology before you can try it for 50% off your first Balance during the month of January.

achievement

You may find that its not going to be easy and in fact, can be quite tough to reach your goal. Therefore you will need a good plan!

Research has shown that it is easier to reach your goal if you have set yourself *implementation goals*.

For example, if you want to exercise formulate where you are going to do that, when you want to do it and how are you going to get the money to pay for it. Most importantly, make a plan for times in which things get hairy. What are you going to do if you are invited to a party on your exercise night? Make sure you have enough arguments to persuade yourself to not give in to temptations at these moments.

Set yourself punishments, distractions and rewards. With regard to punishments, make sure you do not punish yourself too hard. For example, if you do not exercise when you actually planned to do it make yourself do something you detest such as filing, cleaning out the garage or other task. By applying such punishments you will be penalised when you do not comply with your plans.

For distractions, provide yourself a list of things you can do when you have difficulty sticking to the plan. Distractions are especially useful when you have to quit a habit that you usually perform at home. With quitting smoking, for example, going for a quick walk around the block will help to allay the urges. Distracting yourself during difficult times will make the attainment of your goal easier.

Reward yourself! When you manage to fulfil (part of) your goal buy yourself a present, go to the movies or have a massage.

It is important to realise that you're on your way to success before you try to reach the next goal.

At c4w, we are here to help! Check out the services we offer at c4w and our great January discounts so you can be on your way to a positive New Year!

Remember to be kind to yourself and stay positive!

