



A Message from Doc & Jill

February is an amazing month!

We get Valentine's Day (yummy chocolate, hearts, and flowers), Presidents Day, and the 57th consecutive American Heart Month!

Therefore, we would like to take this opportunity to remind you of a few tips to help you stay on track with your health: Get plenty of rest, take your vitamins, exercise, make healthy food choices and make sure to come in and get adjusted!

"We are Better Together"

Dr. Marc and Jill



Patient Success Story

Before coming to Active Health, Thomas, a drummer and pianist, had very limited mobility in his hips, especially his right hip. His right hip flexor would catch when trying to do runner's lunges and he could not sit in a



child's pose, a common yoga position. He also found that after walking for longer than 20 minutes and after working out, he would have pain in his lower back. He is young and really wanted to seek out help before it got any worse. Thankfully, a current patient referred him to our practice! His treatment at the office consisted of doing stretching and hip strengthening exercises in

physical therapy, utilizing our state-of-the-art equipment the **Eccentron, a negative resistance strength trainer** and, of course, receiving chiropractic adjustments from Dr. Sandy. Since treating, Thomas is elated to report that he has less low back pain and the mobility in his hips have improved exponentially. He is now able to do a child's pose with no pain. An added benefit; he has stronger glutes! He wants to share that everyone at Active Health rocks, we are all very positive, and he is grateful for receiving such great care.

**For Information On The Eccentron Click The Button Below Or
Call: 561-842-2273!!**

Eccentron

February Culture Overview

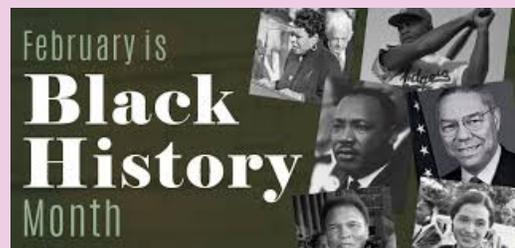
For the shortest month of the year, February has a lot going on! Everyone loves to talk about Ground Hog Day, Valentine's Day, and the Super Bowl. Let's not forget we also get the start of baseball's spring training.

From a historical perspective Black History Month takes place during February. Regarding presidents, George Washington and Abraham Lincoln were both born during this month.

Fun facts: One of the earliest flowers to bloom in spring is the primrose. It is also the flower of February.

If you are born in February, you are either an Aquarius or a Pisces and your birthstone is the pretty purple quartz called amethyst.

Click any of the pictures below for some of February's historical information.





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