

Introducing
our new
name!

Gerner Chiropractic is now

the good life
Chiropractic & More for your Health

Be on the lookout
for more
improvements and
changes in the
months to come.

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and follow us on
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We are striving to
research and post
quality educational
and inspirational
material for your
benefit. You'll like
what you see.

WE'VE CHANGED OUR NAME!

Here it is! We've changed our name and logo! Gerner Chiropractic is now "The Good Life!"

I was recently asked what my primary goal and mission is for our office. Our mission statement remains the same:

"To make a positive impact on the world, one person at a time, through our gifts of Healing, Education, and Genuine Care".

In pursuing that mission, my goal has always been to reach as many people as possible, to educate them about natural health, to protect from harm, and to set our office apart as a true healing center and not just another superficial pain focused Chiropractic clinic.

I realized that our previous name did not reflect that mission and goal. Why not start educating people even before they walk in the door? I think that anyone coming to a place called "The Good Life" will automatically be expecting more...excellent Chiropractic care, massage, acupuncture, strength training, nutrition, holistic education, positive reinforcement, etc... And... who doesn't want THE GOOD LIFE???



New Year's Resolutions....Pfft! Why I Chose to "Du" this Instead!

By Dr. Bryon Cloyd

Very few people show excitement when I ask if they are into New Year's resolutions. Usually a look of, "You're kidding me...right?" settles over their face. I can't say that I blame them. Resolutions really can feel like a [chore destined to go bad](#). But I've always felt there was a kernel of [wisdom in the process of setting a goal](#) or several for the New Year. Sure January 1st is just another day on the calendar but why not have some fun with it and challenge ourselves to grow in some aspect of life?

So, when I was introduced by a friend to be in a [Duathlon](#) in early December 2013, I said, "Let's go for it"! Before I had a chance to think twice I was signed up for the [Total Body Fitness](#) Kickstart Duathlon on Jan 18th, 2014. The race would be held at the [Granite Bay Activity Center at Folsom Lake](#) and consist of a 2 mile run, followed by a 6.5 mile road bike course and then finished with another 2 mile run. That sounds easy, said my inner voice. But it was only six weeks away and I'd never done one....better get training!

Oh my gosh, not so easy! I had never done any multisport events. They truly offer a unique challenge, one I would strongly encourage you to consider. A 6.5 mile bike ride *is* pretty easy, unless you just got back from a 2 mile run that has pushed your heart rate into the stratosphere and you know you have another 2 mile run coming up. So, as with anything I've wanted to achieve and haven't already attempted, I began with research and small attainable steps toward my end goal.

I researched within YouTube on the Duathlon as well as Triathlon world in order to understand the basic strategies of training and competing. One thing I don't like is making rookie mistakes that could have easily been avoided with some simple preparation. I also began making the trip up to Folsom once a weekend to train on the actual course. I started logging some times and heart rates on my [Garmin](#) GPS watch. Although these initial trainings were tough I quickly began to see my speed and endurance increase. I was actually enjoying this! That was, until I looked at the results from prior years. I was slower than a few 12 and 14 year old kids! "Not to worry", I told myself, "just do your best". That was exactly what I set out to do.

I tracked my heart rate closely with each workout to make sure I was [pushing myself without overdoing it](#). All the while I was seeing my times get quicker and quicker. I made a few little improvements in my running style and pacing and tried some new techniques on the bike. I worked on having a fast transition between each event. My workouts were tough, but I like a challenge. Also... that 12 year old was constantly on my mind. I also realized that I didn't give myself that much time to train for this event. So my mantra was, "Be gentle with yourself....but get moving"! January 18th was approaching fast.

So how did it all turn out? I set a goal to finish in one hour or less and hopefully that would be enough to place in the top 20-25 participants, compared with previous events. I also had a goal to not lose my breakfast all over the trail or some other embarrassing thing. I am proud to say that I finished with a time of 57 minutes and 41 seconds and [I placed 25th](#) out of 113 participants. That is also 6th place of 18 in my age division. I did NOT lose my breakfast on the trail but I did get beat by six minors. But hey, they earned it fair and square. I can't wait for a rematch!

Side note: Check out the events at Get Fit Davis. They offer a variety of great running and athletic events to help you get in your best shape and have fun doing it!

TELL US WHAT YOU THINK!

In a continued effort to meet your needs and improve our service, we ask for your feedback.

Please send us an email at: drlynn@gernerchiropractic.com to tell us about your experience at The Good Life.

With your permission, we'd love to share your input with others on our website, Facebook, and Twitter.

Please help us to spread the word and to keep "making a positive impact on the world, one person at a time"...

Gratitude Tree

By Dr. Lynn Gerner

**Keep your New
Year's
Resolution of
better health!**

**Start your
Strengthening
Program
today!**

These programs are designed to maximize results with your adjustments. Once you have completed your exercise program you will be able to hold adjustments longer and be overall stronger in the core and back.

Talk to Meagan for more information.



SPECIAL!

Buy a program
before Feb 28th
and receive
50% off!!

COME SEE OUR GRATITUDE TREE!

In the effort to operate our practice in alignment with spirit and to create a space of true healing, we have adopted the theme of GRATITUDE. As a doctor, I am constantly trying to find ways to help my patients, to heal on deeper levels. I recognize that most of us, for both very real and sometimes misguided reasons, feel discouraged in life. I greet many people each day with the common phrase, "How are you"? The majority of answers are negative. People feel busy, overwhelmed, were "sick" over the holiday break, their jobs are stressful, it's too cold, etc... While it is definitely important to acknowledge feelings of discouragement in order to resolve them (that's another whole newsletter topic!) I find that most people gravitate towards the negative- what appears to be *wrong*- instead of recognizing the positive- everything that is very *right*. Living in this state of discouragement is incredibly detrimental to our health; both mentally and physically.

To bring GRATITUDE alive in our office (and hopefully in your lives) we have created a GRATITUDE TREE. The next time you come in, please take a moment to see it and to add an expression of your gratitude to it. As it grows, it will be a part of each one of us; as well as a collective work of art and encouragement.

It is my belief that ***if we were TRULY grateful*** for the lives we live, for the suffering we are spared, and for what we CAN do, that we would attain a higher level of happiness, satisfaction, health and lasting PEACE.

MORE ON GRATITUDE

Many of you may have seen this incredible post on Facebook- a "Ted Talk" interview with 17 year-old Sam Burns, who just recently passed away from complications of Progeria; an extremely rare disease which causes accelerated aging and other challenges. He was an incredible young man. He shares his own wisdom about being happy and grateful in his life. Here's the 3 main premises (and comments he makes on them):

1. Be OK with what you ultimately can't do, because there is so much that you CAN do.
(Sometimes we have to make adjustments – good choice of words!- to do things that are difficult for us).
2. Surround yourself with people you want to be around. (Love your family, love your friends, love your "bro's", and acknowledge your mentors and your community).
3. Keep moving forward. (Always be in a forward state of mind, I try not to waste energy feeling badly for myself).
4. (Thrown in at the end for laughs)... Never miss a party if you can help it.

Sam says that the #1 thing that he wants people to know about him is that "*I have a very happy life*". Wow... Watch the whole clip on our Facebook page.