



## July 2019

Hi {{ contact.FIRSTNAME }},

After 33 years of practice come July... my wife and I have decided to run off to the French Alps for a 2 month sabbatical. With no kids at high school I am reminded of my own advice I give to many of you. There is a time to smell the roses so I thought I would listen to my own advice and just get off the train of life as I know it for many years.



Just as importantly I also know that we now have two very good chiropractors when I am away and I leave with great confidence that Kristian will look after you very well in Milford and both Andrew and Kristian will be looking after you in Ponsonby. They are both outstanding experienced chiropractors (who are also fuelled each morning by cinnamon croissants and coffee!!!).

Debbie will be running the front desk with a little help from Charlotte and it will be business as normal. The hardest part of going away is leaving a business so please give them a chance. As I said they are both outstanding chiropractors.

The sudden arrival of winter has also reminded me that those of you who have not been in recently may want to check in. This is the sedentary time of year where we slow down so get back into your exercises! Check out the videos on the website where we are soon to be adding new videos. It is so important to keep moving well and watching those habits!! It is not just about pain but feeling and operating well.

I would like to hope that many of you have experienced how good you feel after a visit to the chiropractor so keep regular visits every season at least and stay mobile.

Happy Winter! I may be escaping it for a couple of months but I will be thinking of you all as I ride my bike, drink my coffee and yoodle to the great mountains!!!!

**Are your feet like the bent wheels of a bike?**

Our feet often get very little attention when it comes to our overall wellbeing, but imagine a life without them, and you very quickly understand how they dictate almost every activity you do.

At Back in Action we take our feet very seriously and know a few tips and tricks to help you step in the right direction. Whether this is to become a better athlete or just get through the day in a more pleasant and effective way, we can help.



Check out our latest blog post [here](#) to learn more.

### **If you are receiving this ....**

And you really don't want to I sincerely apologise. I don't want to bombard you with advertising but to find out who is interested so we can get in touch with them. For those who just have too much "stuff" in their inbox simply unsubscribe and you will not hear from me again and I wholeheartedly apologise for any inconvenience.



**But wait - there is more ...** we are absolutely unashamedly trying to make the clinic also a hub of cutting edge information that is available for everyone both online and in practical workshops on site at the clinic.

However we are also at the core providing chiropractic care and if we have not seen you for a while maybe now is a good time to pop in and just get a "tune up". Headaches sore backs feet can often so easily be corrected when your spine is operating optimally. As the expression says "ignore your spinal health and it will go away". We have one spine ..

**Look after it and thank you for your many many referrals!!!**

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