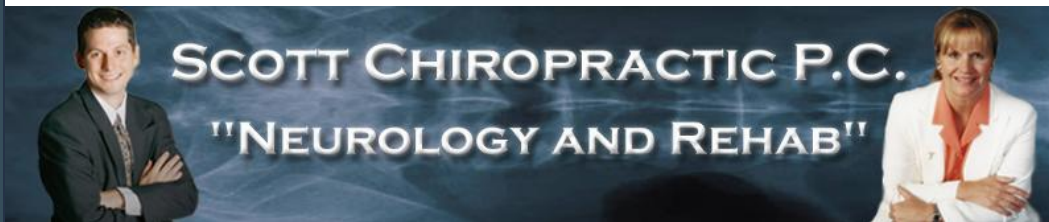


March 2011

Issue: 4



Welcome to Scott Chiropractic Center

Beginning the Year with a Bang

Spring is fast approaching and we all know what that means: spring break, summer vacations, and countless trips to the pool. Are you ready? Are you ready for people to see you in shorts? Tank tops? BATHING SUITS? Has Old Man Winter been unkind, causing you to put on extra pounds as you hibernated during this cold winter? Snap out of it. It is time to take back your life. It is time to regain your self-confidence.

This month, our focus is on healthy weight loss. Fad diets help you shed the pounds quickly, then you plateau and the weight piles back on. Our goal for each one of you, whether you want to lose 10 pounds, 20 pounds or more, is to educate you not only on how to take it off, but keep it off.

We will have a free "Healthy Weight Loss Workshop" on March 22 where we will discuss the right way to lose weight, by healing your metabolism. Using state of the art functional foods (meal replacements) and proper supplementation, your results will be phenomenal. Not only will you lose weight, you will never feel better in your overall health. Fibromyalgia pains, GI discomfort, arthritis pain, chronic fatigue, and a myriad of other symptoms can greatly be decreased by following a specific plan made just for you.

So, if this sounds like you then join us this month and retake your life.

Yours in health,

Scott Chiropractic Center Staff

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Shed the Pounds

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Shed the Pounds...

Receive an initial BIA scan for \$25
and a follow up
visit for \$20.

YOU ARE INVITED!

Join us... Tuesday, March 22nd at 6:30 P.M.

For Our Free Healthy Weight Loss Workshop by Dr. David Futral and Special Guest Speakers.

Learn about healthy weight loss, cleanses, detoxifying and other health products in our office.

Enjoy samples of various nutritional supplements.

Bonus: 15% off all health products in the month of March.

Don't forget to bring your family and friends!

Sample Mondays

Join us every Monday in March and enjoy free samples of nutritional products.

Follow us on 

Find us on Facebook 

Join Our Mailing List!

 Forward to a Friend

INCREASE YOUR WEIGHT LOSS WITH FUN ACTIVITIES

Do you stress every time you think about exercise and losing weight? Stop thinking it's a "mission impossible"...It's time to take on the challenge.

You don't need to go to the gym to get the body you always wanted or to reach your goal weight. Exercise and weight loss are best when they can be enjoyed by fun activities with family and friends.

It's time to rethink those lazy afternoons and replace them with these fun activities to improve your health.

1. Go for a walk. Grab your friends and enjoy the outdoors. Walking and jogging can tone muscles, reduce stress levels, improve your lung capacity, create a healthier heart and of course makes you look and feel younger.
2. Family time. Enjoy a day at the park by swimming, playing tennis, hiking, biking or simple activities like playing frisbee and tag with the kids.
3. Dance. We've all seen the hit TV show Dancing with the Stars! Why sit back and watch the TV, when you can meet new people, learn new moves and lose those unwanted pounds.
4. Cultivate your garden and yard. You can get into better shape whether you're pulling weeds, planting flowers or mowing the grass. (Remember to use the push mower.) Also, start a garden and use the upkeep as exercise and the vegetables and herbs for your healthy eating.
5. DVD/Wii/Kinetic. You've all seen the commercials and bought the tapes and games, but have you used them? Why not start now? Grab the kids and enjoy the games as family fun!

Scott Chiropractic Center, P.C
2200 Fountain Drive
Snellville, Georgia 30078
Phone: 770-972-9160
Fax: 770-978-1699
www.SnellvilleChiropractor.com

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Scott Chiropractic Center | 2200 Fountain Drive | Snellville | GA | 30078