

I am so excited that next week is the official start of spring. This is easily my favorite time of year. It's this time of year that we are just breaking out of our winter hibernations and regaining our active lifestyles. Whether it's work in the yard, bike riding or golf, or stooping over the lawn looking for four leaf clovers, now is the time for us to be sure that our bodies are ready for our increased level of activity.

As great as the springtime is, this is also the biggest season for injury. Too much too soon is the rule of the day. This is especially true of the spine. Stabilizing muscles will atrophy at a rate of 1.5% of total muscle mass for every day you are inactive. Since we are generally significantly less active in the winter, now is the time to take those walks or get to the gym in preparation for a more active spring season.

As always, be sure to keep up with your wellness adjustments this spring. If it's been a while, give us a call and we will be happy to see you and make sure that you are in shape to keep up with all of life's demands. Enjoy your Saint Patrick's day. I look forward to seeing you soon.

## *Dr. Thornton*



## *St. Patrick's Day Cookies*

This St. Patrick's Day, decorate and dress up some plain old sugar cookies to be the life of the party... heck, why not MAKE them the party? Get your kids together to decorate and have a good time!



### You will need:

- store bought or home baked round sugar cookies (any round cookie will do)
- white cake frosting
- cake decorator gels in black, red, orange, yellow, green, blue and purple
- small yellow candies (we used mini M&M's, Nerds and Chiklets)
- small round green candies

### What you do:

- Spread each cookie with white frosting.
- Place the yellow candies in the area that you want your "pot of gold" to be.
- Use black decorator gel to draw on and color in a pot under the "gold".
- Use rainbow colored decorator gels to draw on rainbows.



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