

THE SOURCE

A VERO NEWSLETTER



THESE JOKES CRACK US UP

Two chiropractors are hurrying to finish lunch.

They had to get backs to work.

"My chiropractor said I needed a posture adjustment, but I think she was just pulling my leg!"

Did you hear about the psychiatric chiropractor?

He specializes in attitude adjustments.

I'm having trouble getting into the new reality show about chiropractors.

Way too much back story!

Hello there, 2021!

There's something special about a fresh start. It gives you the chance to chase new goals, leave difficult moments behind, and identify what's most important. Our team started the year by sharing some of our personal and professional resolutions for 2021. As you're reading the list below, consider what you want your life to look like this year—and let us know on your next visit!

- ★ Serve more frequently
- ★ Read 24 books over the year
- ★ Focus on being present in the moment
- ★ Live a healthier lifestyle
- ★ Have a healthy baby and family
- ★ Work out regularly
- ★ Lean into joy
- ★ Grow in patience
- ★ Develop healthy work and home routines
- ★ Express gratitude

FITNESS TIPS FOR 2021

Are you starting the new year off with a few fitness goals? We are too! Below are a few tips we're keeping in mind as we try to get in shape.

- **WARM UP:** It's simple but effective. Light stretching or some gentle calisthenics before you exercise will get the blood flowing, lengthen your muscles, and reduce the likelihood of getting hurt.
- **ADJUST YOUR TECHNIQUE:** Learn how to perform the movements correctly, and follow those steps every time. Always try to stay within your own skill level—don't overdo it!
- **GET FLEXIBLE:** Maintaining flexibility in all your muscle groups will help your athletic ability and prevent injury. At the very least, stretch the muscles that you use most often in the exercise.

[Read more >>](#)



TOYS FOR TOTS

Wow! You amaze us! In the midst of the holiday season and a global pandemic, you helped us donate 326 toys to Toys for Tots so that children in our community could have a special Christmas. Thank you for your generosity and support! We couldn't be more grateful for such an incredible community of practice members.



MEET DR. SCOTT

"Hello, I am Dr. Scott! I am from Waterloo, IA, where I grew up in a medical family. I attended Pepperdine University, where I obtained a degree in Sports Medicine. After attending Pepperdine University, I earned a degree from Palmer College of Chiropractic-West. I've practiced for over 26 years and came back to West Des Moines to serve alongside the Vero Team! In my spare time, I enjoy time with my two teenagers and hiking with my wife, Amy!"

Dr. Scott just got married in December! Be sure to wish him congratulations the next time you see him.

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