

# Dr. Roller's Top 5 Wellness Resolutions



*It's that time of year again; the New Year is here and it brings with it a desire to reflect on last year and consider all the things that you want to do differently. Being healthy is usually at the top of everyone's lists and so to help you get started, here are the Top 5 Wellness Resolutions.*

- #5 Clean out your refrigerator and cupboards removing all the junk food.
  - Sodas, candy, cookies, potato chips, etc.
- #4 Drink two extra 8 oz glasses of water a day.
- #3 Take 2 ten-minute walks each day or get back to your regular exercise routine.
- #2 Add one extra vegetable a day as a snack or with a meal.
- #1 Get adjusted and stay healthy for 2006.

*Your Family Wellness Chiropractor is dedicated to your family's overall health and wellness.*

**Roller Chiropractic and  
Dr. Matthew Roller  
at Canyons Medical Center  
9351 South 1300 East  
Sandy, UT 84094  
801.255.3925**