

100 days

This letter is to invite everyone to join Dr. Kaminski, at Cedarcrest Chiropractic Family Wellness Center, to commitment to exercising and reading for **the first 100 days of the year.** **Official starting date is January 2nd.** This is our ninth annual 100 days. We all make resolutions at the beginning for the New Year. "100 Days" enlists you to commit to exercising & reading for 100 consecutive days. What a great resolution...improving your body and expanding your mind!! Any age can participate!! You are on your own- we will not be monitoring you (so don't feel guilty if you miss a day here or there). We'd love to have you join us!

THE RULES:

We have intentionally made the rules very loose since we have people ranging from those who rarely exercise to some of the most committed athletes in our area. So there need be no pressure to obtain performance goals or weight loss/gain goals, only personal commitment goals. The only objective is to be focused on making and keeping the commitment to yourself and having the discipline to reach day 100. You are basically on your own—so if you miss a day or two only you will know.

Here are the minimum requirements:

READING:

- Reading for a minimum of 20 min. everyday for 100 consecutive days.
- Professional journals count but the newspaper does not.
- This is for you so ..I am afraid reading a book to your children counts for them ..not you. A child can read to a younger child and it counts for both.
- If you are a student, reading something for school does count as that would fit into the self-improvement category.
- You can read anything you want (excluding the above). Read a book or journal article that expands your *horizons* or one that is just plain fun!
Books and articles on Network Chiropractic (NSA) are always encouraged!!
- Internet research counts, reading your Emails, IMs or ordering on Ebay does not.
- Please share with us any good books &/or articles.

EXERCISING:

- Minimum of 20 minutes every day for 100 consecutive days is recommended- but if you can only do 5 or 10 minutes that is O.K. (OR you may choose a higher personal goal of 30 min. or an hour).
- Swim, yoga, pilates, stretch, bike, run, breathing exercises, walk, TaeBo, weight lift, ski, basketball,.. anything you want and like to do. (If you have a physical or health condition and are unable to exercise. Please contact me for suggestion).

It is very helpful to keep a log or just make a note on your calendar of what you read and your exercise routine.

Updates & encouragement will be sent via Email. We will start Jan 2nd & end April 11th.

We will have a celebration on April 11th.

Good luck!

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