

Monthly Newsletter

July 2026



ACTIVEEDGE

Pool Season Is Here: Protect Your Skin & Body from Chlorine!

A day at the pool is one of the best parts of summer, but frequent chlorine exposure can dry out your skin, irritate your eyes, and strip your hair of its natural oils. A few simple steps can make a big difference!

Before you swim:

- Rinse off with fresh water or take a quick shower. Hair and skin that are already wet absorb less chlorinated water.
- Apply a natural moisturizer or leave-in conditioner to help create a protective barrier.

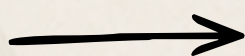
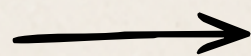
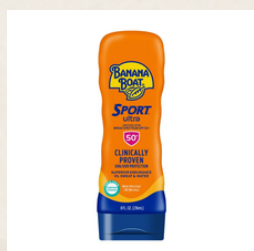
After you swim:

- Shower as soon as possible to wash away chlorine.
- Use a gentle, moisturizing soap and follow with a quality lotion or body oil.
- Stay well hydrated, as time in the sun and pool can increase fluid loss.

Your body is exposed to enough environmental stressors every day. Taking a few minutes to care for your skin before and after swimming can help you enjoy the pool all summer while minimizing the effects of chlorine.

Make the Healthy Swap!

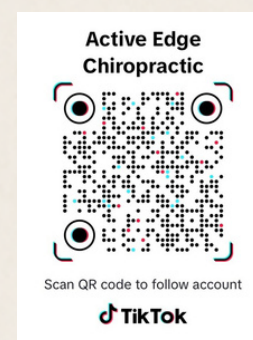
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HOLISTIC HEALTH – UPCOMING EVENTS & WHAT'S NEW



In Loving Memory of Anne.

It is with heavy hearts that we share the unexpected passing of our dear teammate, Anne. She greeted everyone with a warm smile, a kind heart, and a positive attitude that brightened even the busiest days. Anne had a wonderful sense of humor and a special way of making people laugh, helping everyone around her feel welcomed and cared for.

We are incredibly grateful for the time we had with her and for the joy she brought to our office each day. She will be deeply missed by our team, our patients, and all who had the privilege of knowing her.

Please keep Anne's family and loved ones in your thoughts and prayers during this difficult time.

She will always be remembered as a cherished member of the Active Edge family.

WAYS TO SUPPORT YOUR HEALTH THIS MONTH

- Stay hydrated – aim for half your body weight in ounces of water
- Eat seasonal & local produce
- Spend time in nature daily
- Move your body in ways that feel good
- Prioritize quality sleep
- Practice gratitude
- Limit processed foods & excess sugar
- Take time to rest & reset

SAVE OUR NUMBER

614-407-5335

Other numbers might appear online, but this is the one to call or text.

SUPER THURSDAY

July 9th

Come to the office, call, or text to get discount off your supplements!

Holistic Habit of the Month: Nourish Your Body, Calm Your Mind

July is all about balance. With the summer in full swing, it's easy to get busy and forget to slow down. Make nourishing yourself a daily priority. Your body and mind will thank you.



NOURISH YOUR BODY

Focus on whole, real foods that support your energy, hormones, and immunity.

- Fresh fruits & veggies
- Lean proteins
- Healthy fats
- Plenty of water
- Limit processed foods & added sugars



CALM YOUR MIND

Support your mental well-being with simple daily practices.

- Meditation or breathwork
- Journaling
- Reading
- Nature walks
- Unplug from screens



MOVE YOUR BODY

Movement supports your mood, energy & overall health.

- Walking
- Yoga or stretching
- Strength training
- Swimming or biking
- Dance & have fun!

Small daily choices lead to big changes.

YOU DESERVE TO FEEL YOUR BEST.

- Active Edge Team



**SCAN TO SHOP
THE BOOST MARKET**