



SANTIAGO CHIROPRACTIC ASSOCIATES

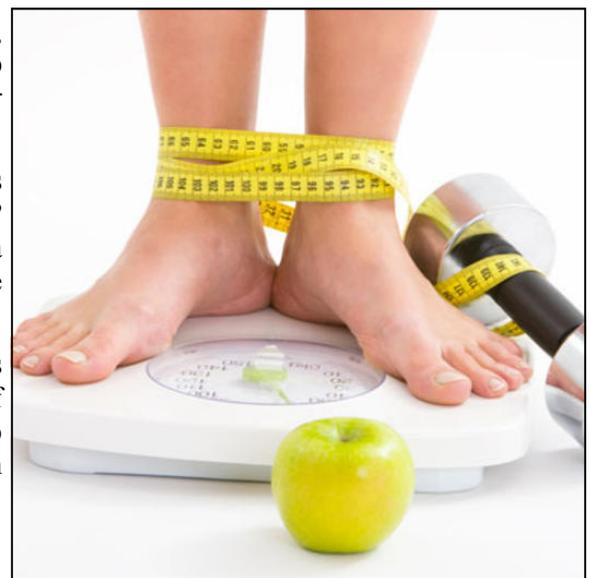
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7 Signs You Are Healthier Even If You Are Not Losing Weight

Lake Hiawatha, NJ, October 2016—It's no secret that there are a myriad of ways to measure overall health: Strength, aerobic fitness, cholesterol levels, mood and of course, the seductive shrinking of that number on the scale. But what happens when you're not dropping pounds—or worse, you're actually gaining a few—despite sticking to your diet and exercise commitments?

This is NOT a sign that you should throw in the towel. The number on the scale is simply one factor of your health and plateaus in weight loss are incredibly common. If you feel like you've hit a frustrating leveling-off period after making some dietary changes, it might be time to amp up your fitness routine to restart that slimdown. In the meantime, to keep you going strong to the other edge of that plateau, pay extra attention to these seven signs that you may be making other gains even if you're not losing weight:

1. **You have more energy:** A major perk of dropping pounds is the increase in energy you experience as you get fitter, but even as your weight loss slows, research points to the energy uptick you'll experience when you continuously exercise.
2. **You have more stamina:** The healthier you become, the more stamina you'll have meaning you can go farther and faster before reaching fatigue. Take advantage of this as you move forward in your fitness regime!
3. **You feel smarter:** A large body of research has explored the brain benefits of exercise and how committing to a healthier lifestyle can boost cognition. If you find you're suddenly able to remember the name of every person you meet at that companywide happy hour, your sweat sessions are paying off.
4. **You feel happier:** As your physical health improves, so will your mood. A 2015 study found that sticking with an exercise program significantly improved happiness among older adults in just eight weeks.
5. **You can do more reps:** It's true what they say, as you get stronger, sometimes you may even put on a few pounds. (1lb of muscle takes up less space than 1lb of fat.) Don't panic! Likely you'll look even leaner even if you don't necessarily lose weight.
6. **You're eating less:** Logic says that if you burn more calories through exercise, you'll want to eat more to make up for it, right? Research shows it's the opposite. Individuals who keep up with a consistent exercise routine are actually more likely to eat less and have a decreased appetite after their sweat sessions.
7. **You set a new personal record:** Your ability to achieve new fitness goals is perhaps the biggest indicator that you're getting healthier. If you've just run your fastest 5k, made it through a whole boot camp class without wanting to quit or actually craved kale, you are well on your way to better health. Celebrate yourself!



For more health tips and ways to eat well, move well and think well:

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Santiago Legacy Honored at Hall of Fame Induction

East Brunswick, NJ—On Saturday, September 24th, 2016 at the Hilton in East Brunswick, more than 10 years after our very own Dr. Philip Santiago was inducted into the NJ Sports Chiropractic Hall of Fame, his father, the late Dr. Joseph Santiago was bestowed with the same honor.

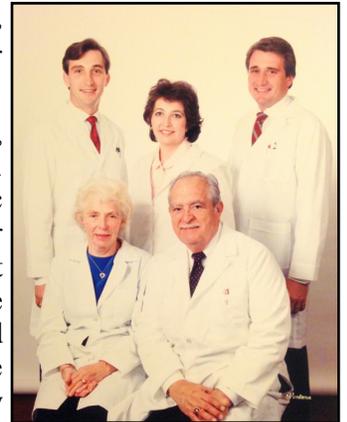
Dr. Joe Santiago is recognized by his colleagues as a pioneer in chiropractic sports medicine, having dedicated his life to the profession for over 53 years. Trailblazer that he was, Dr. Santiago was appointed Boxing and Wrestling Ringside Physician of NJ State Athletic Commission as well as lead physician for the Portuguese Soccer League, Newark Pop Warner Football League and the Annual Newark Classic Road Race. In addition, he was the first chiropractor to be named head physician for a major professional team, the NY Apollo of the American Soccer League, all while maintaining his own practice in Newark that was years ahead of its time. He was the 3rd inductee into the prestigious ACA Sports Chiropractic Hall of Fame and close to his heart was being the recipient of the Medal of Merit given once every four years by Governor Byrne and Governor Kean to the Governor's Council of Sport and Physical Fitness.



The Santiago Family celebrating induction of their patriarch, Dr. Joe Santiago, into the NJ Hall of Fame

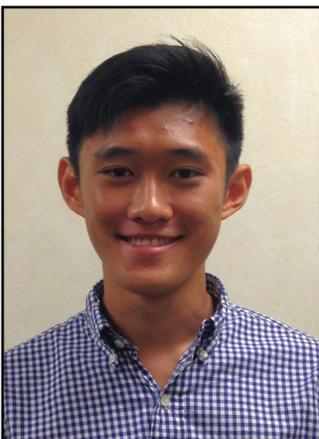
At the same time, Joe Santiago's strong belief in involvement in one's community was portrayed through his extensive list of civic and community activities including: Commissioner for the Newark Parking Authority and Newark Board of Adjustment, Vice-President of the PAL, Advisory Board for the Ironbound Boys & Girls Club, Ambulance Squad, Essex County Vocational Board, Boy Scouts of America and the Red Cross to name just a few. In addition, he lectured throughout 37 States, Europe, South America and Asia on Sports Medicine and was an associate professor in the Department of Chiropractic Sports Medicine for New York Chiropractic College.

Along with Dr. Joe, his wife, Vivian, daughter, Joanne, and sons Philip and James, all hold Diplomas in Sports Chiropractic and have continued his legacy of devotion to the profession.



Siblings Drs. Jim, Joanne & Phil with parents Drs. Vivian & Joseph Santiago

New Faces at Santiago Chiropractic Associates



Denis Zou, Chiropractic Assistant

Please welcome two new faces to the staff of Santiago Chiropractic Associates. Joining us this fall are Denis Zou and Luisa Westura.

Luisa Westura will serve as an Administrative Assistant during our morning hours. Luisa is a resident of Boonton, where she currently resides with her husband, 2 children and dog. Luisa attended the Fashion Institute of Technology, receiving a bachelor's degree in Marketing Communications. Luisa brings with her over 10 years experience of administrative support. In her free time, Luisa enjoys fitness, being a mother and volunteering at her children's school. She looks forward to meeting our patients and getting to know them individually.

Originally from Whippany, Denis is a sophomore at George Washington University where he is studying economics on a pre-med



Luisa Westura, Reception

track. He is currently taking a gap year to gain more experience in the medical field and more insight into the inner workings of a clinic. In his free time Denis likes to swim, watch movies, hike, exercise and listen to music. He is excited to start working with the staff at Santiago Chiropractic as a Chiropractic Assistant and being a part of your healthcare team!