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# FAMILY WELLNESS FIRST: KIDS CHIROPRACTIC

## Somebody Hold That Bus!!!

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Have you ever been a little bit late getting ready for school, and just as you're hurrying to your bus stop, you see the bus is already there!?! So you take off like a bullet, running and screaming in the hope that someone will tell the driver to wait just a minute!!! Or have you ever been walking home and all of a sudden it starts to pour down rain, so you take off running so you don't get soaked!?! Or maybe you play a sport that requires that you take off running at full speed in just a moment's notice. You could even do it right now just for fun!!!

In all of these cases, and many others, you will notice that when you are done with your mad dash, your heart is usually pounding. You may think, "No big deal! Of course I can run!" But it's not just your legs and your sneakers that allow you to run. It takes a pretty complicated course of events to allow you to go from a resting state to a full out run whether you realize it or not. Your heart plays a key role and that's why it's usually pounding after you are done with your sprint.

Your heart, which weighs less than a pound (on average, 11 ounces if you're a boy, 9 ounces if you're a girl), beats about 75 times a minute. That's 40 million times a year!!! Your heart pumps to not only circulate oxygen and nutrients TO your body but to eliminate water and waste FROM your body as well. When you run for the bus (or for any other reason), your muscles need more oxygen to do the work and they produce more waste that needs to be eliminated, so your heart pumps faster to circulate your blood faster to meet the increased need.

How fast or slow your heart beats is actually controlled by your nervous system. As you take off running, your brain sends out messages that produce chemicals that increase your heart rate. It also controls the size of your blood vessels so those going to your muscles widen so more blood can get there and those going to things like your stomach get smaller so the blood can be directed to the parts that need it the most.



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Isn't that awesome!?! Your heart knows that your muscles need more oxygen so it works harder to supply that need. Your heart is the strongest and toughest muscle in your body but it wouldn't do you any good if it wasn't controlled by the inborn wisdom of your amazing body.

That wisdom uses your nerve system so your brain can communicate with your body to direct all the things that need to happen so you can run not to mention all the other things your body does!!! The better connected your brain and your body are, the better your body functions and the better you can run and do all the things you do!!! Be sure your brain and your body are well connected by seeing your chiropractor regularly.



**Dr. Judy Campanale** has been honored and recognized with numerous prestigious awards, including the coveted FSCO Chiropractor of the Year in 1999. She was President of the International Federation of Chiropractors and Organizations (IFCO) the first woman to hold the president's position in any national or international chiropractic organization. Dr. Judy currently serves on the IFCO Board of Directors and Executive Committee. She also owns and practices at the Strauss Chiropractic Center in Levittown, PA, one of the longest-standing, high-volume, cash practices in the world.

**Kids Coloring Page**



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