

Free Christmas Event In Vancouver To Help Pain Sufferers

Increasing number of Canadians are overweight, have back pain and high blood pressure. With Canadian health care spending increased to \$207 billion and growing number of illnesses Chi Activate has decided to give a life saving Christmas gift.

December 19, 2012 (FPRC) -- We're living in a very challenging and tough economy with unstable employment and reduced government budgets. For most people, spending on healthcare has become less affordable.

With increasing numbers of baby boomers retiring, government spending on healthcare will only increase. According to the Canadian Institute for Health Information, health expenditures are expected to reach \$207 billion by the end of 2012.

On Christmas Day, Chi Activate will continue to promote good health by teaching people meditative exercises for free.

Tim, manager of Chi Activate said "Why are there still so many people having health issues in our modern society? If you look at your own workplace, you will see people having back pain, neck pain, and unhealthy stress. And why is heart stroke still the number one killer for women in Canada?"

To help people suffering from pain and stress at work, Chi Activate will be teaching 6 simple meditative exercises. These 800 year old exercises are practiced by millions of people in Asia to reduce stress, correct posture, and increase energy.

New studies show that sitting at work all day can be as bad as smoking. Dr. Coven's research report shows that long periods of sitting is now being linked to increased risk of heart disease, diabetes, cancer, obesity, and even early death.

Muscle inactivity is the worst thing that can happen to the body. Dr. Coven recommends that people take more breaks during work by walking around the office.

On Christmas Day, Chi Activate will teach all participants simple and effective exercises and movements that can massage the internal organs, increase blood flow, and stimulate muscles.

There will be two classes with each class having a duration of 50 minutes. Each class will be limited to 30 people. The classes will fill up quickly.

Click here to read more details about this Free Christmas Event

Contact Information

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Keywords

[Christmas Event](#)
[pain](#)

[stress](#)

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