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Giebler Chiropractic Business Hours:

Mon: 8:00 AM to 6:00 PM
 Tues: 8:00 AM to 5:00 PM
 Wed: 8:00 AM to 6:00 PM
 Thurs: CLOSED
 Fri: 8:00 AM to 5:00 PM
 Sat & Sun: By appt. only

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We Need Your Help :)

Our Newsletter went to 377 people this month! Our goal is 500...please forward this email to your friends & family!!

Thanks in advance,
 Dr. Nic

Receive A Hand in Health...

[Join Our Mailing List!](#)

Riddle me this:

What's Large, Gray, and doesn't really matter much?

ZINC

A Note from Dr. Nic

While the holiday season is often considered to begin with Thanksgiving, I prefer to think that the festivities kick off on Opening Weekend of Deer Hunting! Personally, this Opening Weekend was an extra special one as I started it off on Friday night with a date with my 7-year-old Estelle. We had dinner and then caught a Christmas show...her smile made it all the better!



Saturday morning was not spent in the woods, but instead in the Gym, coaching 9-year-old Edwin at his basketball game in Chilton. After 2 games, the team was 2-0 and every member of the team had scored at least once. It's wonderful, as a father and coach, to see the team work together so well!

My parents were then kind enough to move up Thanksgiving dinner (originally scheduled for around 4 or 5 on Saturday) to a Thanksgiving Lunch. This allowed me to get on the road and head North to Pembine to "The Cabin" for Saturday evening and Sunday hunting. The only problem with this plan was the 'food coma' I experienced while driving up there....worth it for that extra helping of Gravy!



Excellent orange tasting formula for nutritional immune support during seasonal changes and throat irritation, scientifically designed to allow regular dosing throughout the day.

Take 2 a Day and keep the COUGHS AND COLDS AWAY!

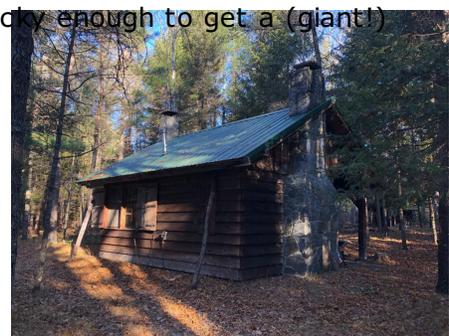
Did you know?

While you're basting your turkey, prepping your pies, and getting your Thanksgiving menu together, it might occur to you that Thanksgiving is a little later than usual this year. And you'd be right! (After all, "What day is Thanksgiving?" is always Googled around this time of year.) As it turns out, there's a reason the holiday is arriving a little on the tardier side-and it's downright historic. In fact, the story dates all the way back to 1939 when Franklin Roosevelt decided to shake up the tradition a bit in the name of capitalism.

Thanksgiving had been celebrated on the last Thursday of the month since the time of Abraham Lincoln. But, according to TIME, during 1939, the calendar had been unusual, as the month started on a Wednesday, so there were five Thursdays as opposed to four.

To restore some order, Roosevelt moved the national holiday to the second-to-last Thursday of the month (a change that many were unhappy with). Instead of

Two years ago I was lucky enough to get a (giant!) Spike Buck up at The Cabin. Things have since then returned to normal, and nobody saw anything. In my hasty packing for the trip, I even forgot a chair. Because of this I had to sit on a cooler while out behind my deer blind, which meant I couldn't even take a nap out there! I WILL NOT



make that mistake again.



Sunday afternoon I was home in time to help with some Christmas lights and be in bed early, as a cold and gray Monday morning was right around the corner. I'm so thankful for all the little things that make weekends like this so memorable. I hope you all had a great start to YOUR holiday season as well, and Happy Thanksgiving!

It's time to Sleigh It once again!

"When I have experiences like this one with her, it's such a strong reminder of why I got involved and why I do what I do. We have a great bond. It gives me an indescribable feeling of gratitude."

That's a quote from Amanda R., a "Big", after taking a trip with her "Little" on the S. S. Badger.

What's a "Big" and a "Little", you ask? They're a mentor and a child involved with the Big Brothers Big Sisters. It's an amazing group, and one that truly changes lives in our community.

You may not have the time to volunteer as a "Big" but you can still contribute to this great organization...and burn a couple calories in the process. Next Saturday, I invite you to join me at the 25th Annual Sleigh Bell Run/Walk in downtown Kiel.

The Run/Walk has 2-mile and 5-mile options, complimentary refreshments at the finish. The "Dasher's Dash" (a 100-yard run) and "Rudolph's Run" (a 1/4 mile run) will take place right around 11:00 AM after the run/walk. Children are invited to participate in the Riesterer Reindeer Games! Riesterer Reindeer games are free of charge. However, if your child would want an official Sleigh Bell Run/Walk T-shirt, please fill out a registration form and pay the entry fee on Saturday morning. Awards will be given out to all participants.



Last year one of Manitowoc's little brothers was able to run at the Cross Country State Meet. The benefits he received from Big Brothers/Big Sisters was instrumental in his confidence to participate. To witness the change in his life

focusing on the negative, Roosevelt attempted to justify his decision with a pro-shopping response: merchants would now have a holiday further from Christmas to allow for more shopping time. In a way, this birthed the consumer craze known as Black Friday nearly 80 years ago.

The following year (1940), the change stuck as the second-to-last Thursday (Nov. 21) was declared the official Thanksgiving Day. In 1941, he reportedly admitted that the switch was a mistake, but because the calendars were already printed with the third Thursday as Thanksgiving Day, it was too late to go back.

As 1941 ended, Roosevelt made the final permanent change, as he signed a bill making Thanksgiving Day fall on the fourth Thursday of November, regardless of if it is the last Thursday of the month or not.



And for 2019...This year, the month of November began on a Friday, which means the fourth Thursday of the month falls on Nov. 28-it's the first time Thanksgiving has been this late since 2013.

Find us on Facebook!



[Click here to go to our Facebook page!](#)

Riddle Answer:

An irrelephant

Upcoming Events

DEC. 7:

was amazing and he has now begun to help youth runners in the area.

The "First Saturday in December" is one of my favorite Saturdays in Kiel. It's a great event with so much holiday cheer, and the more, the merrier!

I'd love to see you out there! And...I promise some Wonderful Wisconsin Winter Weather! You can sign up in the Kiel Middle School Gym on Friday from 6:30 - 8:00 PM, and Saturday morning, starting at 8:00. The 2-mile and 5-mile events begin at 10:00 AM.

Winter Fitness Tips for the Rest of Us

Do you have family members, close friends or coworkers who just can't wait for the winter weather to get here? Maybe they're hardcore skiers or snowboarders.

Maybe they're ice skaters or hockey players. Perhaps your chiropractor is signed up for another middle-of-January 31 mile trail race and is growing out his beard in anticipation of another solid beardcicle (see photo from 2017). Whatever they're into, this article IS NOT FOR THEM.



One of the great challenges faced by many people who live in four-season climates is how to stay active and get enough exercise once the temperatures start dropping. When it's cold and wet outside, few of us have the "Just Do It" mentality of Olympic marathoner Joan Benoit Samuelson. She's inspired a well-known Nike commercial that showcases her commitment. Joan (bless her) takes one look out the door of her Maine cottage at 5:25 in the morning, sees a raging storm, and goes out for her morning run anyway. That's why Joan is an Olympian.

But no matter how important we know it is to remain active during the cold months, most of us still need a little inspiration-and a plan. To help out, here's a list of tips to help you get your winter exercise this season.

Outdoor Fitness Tips

- Don't let the cold weather keep you indoors. Bundle up, wear lots of layers, don't forget your gloves and hat, stretch first, and then step out to enjoy the brisk air.
- Remember your New Years' Resolutions about exercise, and try to keep to them. Just a 10-15 minute walk every day before dinner can do wonders to keep you healthy and fit.
- Buy yourself a pedometer and set a goal of walking 10,000 steps a day. If you have a dog, his or her walks are great opportunities to add to your daily total.
- Go for walks in the snow, or just go outside and rake leaves or do other work in the yard.
- If you're fit rather than lamenting that accumulation of snow, go out and shovel some of it. It's one of the best forms of exercise you can get provided that you use proper form and take the right precautions.

Please join Dr. Nic and friends at the 25th ANNUAL Sleigh Bell Run in Kiel! www.sleighbellrun.com



December 24th:

The office will be closing at 2:00 PM

December 25th:

Closed - Merry Christmas!

December 27th:

The office is OPEN!

December 31st:

The office will be closing at 3:30 PM

January 3rd:

The office is OPEN!

January 11th:

Dr. Nic will be running the Frozen Gnome 50k

- If you're normally athletic and in good shape, consider learning a new winter sport such as skiing or snowboarding.
- Click [here](#) to finish reading.

Faces in the Office

Meet Bob:

*I have five children. Three are out of the house and two left at home. I currently work for Kohler Co. I enjoy flying remote control airplanes, playing frisbee golf and shooting guns. I also enjoy many sports. I am active with my church in Kiel.

What you like about Giebler Chiropractic:

*For many years my wife worked for the Giebler's at the office. So from day one we have benefited from excellent care from Dr. Nic. He shows great interest in the health of his patients. He's even seen me when the office wasn't open. The Giebler's have been very special people in my families lives and will always have a special place in our hearts.

Best advice you've ever received:

*This is a hard one, but don't take life to serious. Life is short and try to live it to the fullest and enjoy what you have.



This month's "Faces in the Office" is Bob Olson. Bob...we love you too! Where would we be without the Olsons?! I love to consider Bob the 'Tightest Mid-Back in the Tri-County Area!' and I love that Bob and I can just talk sports, kids, family, and whatever else. I'm truly blessed to have Bob here at the office. I love the Olson Kids. I love what Kim was to our office. I'm truly thankful and grateful. Bob and those kids also give amazing hugs...FYI.

Thank you Bob for choosing Giebler Chiropractic, we look forward to seeing you!

Thank You...

for signing up to receive the Giebler Chiropractic Health Newsletter! Each edition will contain information about current health topics or nutrition and health issues that the doctor wants

to share, community involvement opportunities, Giebler Chiropractic updates, and much more! Please feel free to forward this on to any family or friends you think will benefit, and always keep their health in mind!

Questions? Comments?

Dr. Nic loves answering questions regarding Chiropractic Care, Nutrition, Supplements, A.R.T., Diet, Exercise, Health, or anything else you can think of! Please feel free to email Dr. Nic a quick question, OR--better yet--call the office and set up a specific time to chat.

Want to know if Chiropractic is for you? Informative consults are at no charge to you and will better help the doctor to meet and address your specific needs and questions.