

The 'Peak Performance' mindset

Peak performance — the highest level of accomplishment which can be attained, given what you're working with.

That's applicable in all phases of life be it cars, for instance, or humans.

And like a mountain range in the distance, the peaks vary, depending upon your perspective and vantage point.

The peak performance for a 60-year-old is different than the peak performance of someone who is 75.

It is the desire — indeed the mission — of Easton chiropractor Dr. Christopher Cianci to guide patients who seek his care on their own path to peak performance.

"Peak performance can happen at any age and in any endeavor," said Dr. Cianci.

"You can be 60-plus years old and still be peaking," he noted. "The peak is still there if you want to seek it."

Dr. Cianci offered this perspective: "Spend a short time in our reception area and you will notice a high school athlete with dreams of winning a college scholarship. You will see a college athlete home on a break. Both appear remarkably healthy, both getting adjusted, both seeking peak performance.

"You will see a 30-something mother. She's wrestling with the 'juggle struggle.' She wants to raise her children, get the kids to practice, to school, to friends, get to the gym, provide activities they can enjoy as a family. She wants to do very well the many jobs that come from being a wife and mother. She's striving for peak performance.

"There's the 50-ish weekend warrior golfer. His highlight each year is a golf weekend with the guys. It's tradition, He's worked hard to get where he is in life. He can't enjoy the fruits of his labor. He's striving for peak performance.

"Then there is the retired gal or guy who moved here because of the activities. There's tennis,



The Cianci Chronicles

Dr. Christopher Cianci
Licensed chiropractor,
Easton Md.

(Authored by Bruce Hotchkiss)

fishing, traveling — there's lots to do — they are striving for peak performance.

"Then there's the 80-plus year old. Peak performance for him is — he still lives in his own home, which he's proud of. He does his walk everyday because the doctors said he should. He's excited about the upcoming holidays, knowing as the years go by each one is more precious."

Meet Dr. Chuck McDonald Easton optometrist with a passion for fitness who is rated in the top 20 of the nation's most fit above the age of 60.

He has been a patient of Dr. Cianci for 20 years, many of those years while enrolled in the famed CrossFit program.

"Dr. Cianci has always been the main avenue for staying fit," McDonald said. "He keeps me in line, He keeps me toned up. He is the point man in my fitness regimen."

Chuck McDonald, Dr. Cianci recalled, "was a guy who at 40 was not as fit as he wanted to be. Physical activity hurt his back. He couldn't split wood. Fast forward 20 years and he's ranked 15 in the country for fitness.

"This comes about due to a change in mindset. It's reflective of a person who's willing to challenge the status quo.

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rather than caving to the idea of 'you are getting older, you know.'" Dr. Cianci continued. "You can look around and see other people your age slowing down, getting ill and just plain getting 'old' in body, mind and spirit. Or you can be like Dr. McDonald. You can turn things in your favor and live a life of peak performance."

McDonald turned 60 last September and therein, he contends, lies a philosophy of aging.

It's about maintaining a desired quality of life as we grow older.

"So many of us put limitations on ourselves as we age — there is not the awareness that we can grow old in a good way," McDonald said.

Fitness in all of its regimens can forge habits which combine into a continuing enjoyment in life, McDonald said.

So, Dr. Chuck McDonald continues up the mountain, towards that peak. It's high for a man of 60 years. There could be some snow on it when he gets there. But he will keep it going.

"Chris Cianci will keep me in line," he said.

Dr. Cianci summed it all up this way: "Achieving peak performance at any age and any endeavor takes a shift in momentum and an overcoming of inertia.

"For many, chiropractic care is their 'ace in the hole' that helps create a tipping point to create the life they dream of rather than them getting stuck with a life they never wanted."

(Cianci Chiropractic Center is located at 8737 Brooks Drive in the Easton Industrial Park. You may schedule a discovery session or attend a free bi-monthly Wednesday evening health enrichment workshop. Contact Cianci Chiropractic at 410-820-4070. You can also find Cianci Chiropractic online at www.drcianci.com.)