

01

Movement is Medicine:

Exercise is excellent for your mental and physical well-being. Even a short burst of 10 minutes of brisk walking increases mental alertness, energy, and positive mood. When discussing exercise, there are several key points we address in the clinic. Exercise is an integral part of a balanced, healthy lifestyle. Striking a good balance between cardiovascular-based activities (such as running or cycling) and resistance training (weight training or callisthenics) contributes to overall well-being. As you age, you may experience a decline in bone density and muscle mass. Incorporating resistance training, guided by a trainer, can help maintain bone density and muscle mass, which is linked to a longer lifespan.

Some people claim that exercise is painful, which discourages them from engaging in physical activity. It's true that exercise can be uncomfortable to some degree. However, discomfort is often necessary for the body to adapt and improve. The key is recognising whether the exercise you're doing is dysfunctional or part of a healthy adaptation response. If you're unsure, consider seeking an assessment from a local musculoskeletal practitioner to determine whether your current exercise routine aligns with your overall health."



02

Hydration - The Importance of Staying Well-Hydrated:

Our bodies are composed of more than half water, making proper hydration essential for overall health. Striking the right balance between healthy hydration and dehydration is crucial. Remember, if you feel thirsty, you're likely already dehydrated.

Let's focus on the musculoskeletal system. Muscle cells are surrounded by water, ensuring smooth movement of muscle tissues. Additionally, our spinal discs consist of 80% water—critical for optimal shock absorption. Adequate hydration supports better function and overall well-being.

Remember to drink enough water throughout the day to keep your body functioning at its best!



03

Core Stability:

Another one that sounds simple. We all know we need to exercise, but sometimes it's knowing what to do. There's never a day that we're not talking about core stability. Whether you're a seasoned athlete or a desk worker, there's no situation where a well-functioning core isn't essential. At the clinic, we give out the McGill Big 3 Exercises almost every day. These exercises were created to provide long-lasting stability to the spine, protecting us against the stress of everyday life. They take around 10 minutes to complete and can be done anywhere. You can find these easily online. Make sure you consult with your health professional to determine if it's the right time for you to do them.



04

Diet:

There is loads of information about diet and health. It's no secret that eating a healthier diet leads to a healthy lifestyle. Let's keep it simple with some of the things we talk about every day in the clinic:

Magnesium: Great for sleep and muscle recovery, magnesium-rich foods include green leafy veggies, nuts, and avocados.

Omega-3: Found mostly in oily fish, omega-3 helps keep inflammation under control naturally.

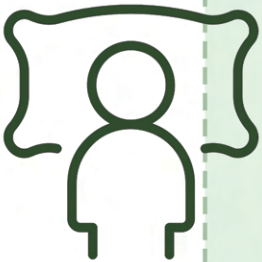
Probiotics: These are the good bacteria living in your gut. Among all the things they do for the body, keeping your immune system healthy and aiding in recovery are why they're really important. If you're unsure whether these foods are suitable for you, talk to your doctor first.



05

Sleeping Position Matters:

Whether you're a front, side, or back sleeper (or all of them). Many people consider changing their mattress before addressing comfort in bed (and yes, your old mattress might play a role). Prioritising sleep is crucial; lack of rest affects diet, focus, and recovery. Here are some tips: Back Sleepers: Opt for fewer pillows to prevent your head from being pushed forward, which strains your neck. Side Sleepers: Place a pillow between your legs to balance pelvis position. Even if you sleep with one leg up and one straight, elevate the bent leg to prevent pelvis and spine rotation. Front Sleepers: Consider transitioning to one of the other two positions without disrupting your sleep pattern. It's really hard to optimise you neck and spine position when sleeping on your front which can lead to unwanted stress.



06

Desk Work:

With most jobs nowadays being sedentary, it's hard to imagine a way to get around this. Here are our top tips: Make sure your desk is set up properly for your body position. If you don't know how to do that, seek out someone who can help. If you spend a significant chunk of your day sitting, you might as well make it as practical as possible. Taking regular breaks is vital! Changing your environment is great for the brain and boosts productivity, even if it's just for 2-5 minutes before you return to work. Standing desks can be useful tools for the right sort of person, but it's important to be ready for a standing setup. After sitting for most of your career, you might need to ease into it. We never recommend standing all day, but moving between sitting and standing is a great way to start. Even taking phone calls while standing can help ease the transition. Work in front of you! So often, we find people with neck issues who have laptops or second monitors off to the side of where they're working. Try to always work so the screen is directly in front of you and raised up.



07

Ice Packs or Hot Water Bottle:

The age-old argument of heat vs. ice and when it's appropriate. As a rule of thumb, if it's an acute problem, ice is going to help with the pain, and sometimes heat can make it worse. However, in more chronic situations, the blood brought into the area with heat can aid in recovery. Whichever method you're using, make sure to cover the skin well to avoid damage. Use cold for no longer than 10 minutes and heat for 20 minutes at most. Allow at least an hour between sessions and seek advice from your health practitioner to determine what suits you best.



08

Bed Rest or Keep Moving:

The days of bed rest for every musculoskeletal condition are long gone. We now know that conditions like Osteoarthritis and Tendonitis require movement to prevent them from worsening. However, does that mean we shouldn't rest at all? If you're experiencing very acute back or shoulder pain, it might feel excruciating to move, and that's your body signalling you to slow down! In such circumstances, a bit of rest is necessary to overcome the initial hurdle and allow the pain to settle. It's always a good idea to get it checked out. Consult your local health expert for personalised advice on what's best for you



09



Support Braces:

Supporting a joint with a back brace or knee brace can really help you get through the day. Perhaps you can't complete a run without knee support, or maybe you've rolled your ankle so many times that it feels weak during exercise. However, it's essential to understand why the joint is weak in the first place. When we artificially brace joints, the stabilising muscles become lazy and tired. Consequently, when you're not wearing the brace, supporting the joint becomes more challenging, potentially leading to increased pain. Our advice is to consult with a professional who can diagnose the issue with your joint before artificially creating stability. By doing so, you can break the cycle of relying on support systems and move more comfortably.

10

Pay Attention to Your Posture:

It isn't always easy to know when your posture is poor. Usually, we catch ourselves in the mirror or someone will say, 'Sit/stand up straight.' Unfortunately, there's no quick fix! Long periods of not moving are generally the worst thing for our postures. We don't believe in the perfect posture! Posture is usually the direct result of all the things we do during the day that accumulate and cause us to move the way we do. What's the solution? You need to be strong in your position whilst having the capacity to move. Something gradual to build up the core muscles like the McGill big 3 talk about earlier is a great place to start. Otherwise Pilates will cover most of your bases. As a rule of thumb, when most people ask us what's better – Yoga or Pilates – we always say start with Pilates. We want those joints to be stable and strong so they feel safer to bend. A healthy strong muscle supports a joint. If a muscle is tight it isn't always necessary to stretch it. The brain is making it tight for a reason (usually to protect you) and bending it too far with something like Yoga can sometimes irritate the problem further. Go and get checked out by a local movement specialist to see which is better for you.



11

See Your Friendly Neighbourhood Chiropractor!:

Chiropractic isn't just about a few clicks and then you're done. It's about optimising your health so that you can function at your best. Stress doesn't only manifest in the body through trauma or overuse; it can also result from poor diet, an unhealthy lifestyle (such as drinking or smoking), and even stress related to home life. Regardless of the source, stress ultimately affects the body and makes us feel less than our best. Additionally, pain doesn't have to be the sole reason for a visit to the chiropractor's office. Sometimes, simply feeling and moving better is reason enough! Chiropractic care is here to help you identify these stresses and eliminate them naturally, as an alternative to other approaches. Book an appointment now and optimise your life.

