

24 March 2016

Stay Active Over Easter

This Easter stay off the couch and get out and be active!

While it's nice to take a break off work it's important to remember to stay active and not spend all the long weekend on the couch. The Chiropractors' Association of Australia (CAA) would like to encourage everyone to take advantage of their extra free time to go for a walk, or run around and play with their kids.

Deputy President and spokesperson of CAA National, Dr Andrew Lawrence (Chiropractor) says if you plan to spend all weekend on the couch and then go back to your work desk, all that prolonged sitting can alter the shape and function of your body.

"Sitting for long periods without a break can affect your postural health – even when you exercise regularly," Dr Lawrence said. "When you sit for too long and too often, the natural curve in your back deteriorates, the pressure in your back increases and the core stabilising muscles in your back weaken."

To get up and go for a walk is a fantastic way to boost your activity levels and improve your posture, Dr Lawrence says that regular walking will also build up your core strength.

"Core strength is an important part of maintaining good posture and will help you to maintain better posture during your other daily activities," Dr Lawrence said. "Your local CAA Chiropractor can recommend exercises to strengthen your core postural muscles, as well as helping you choose proper postures during your activities."

Tips for walking with good posture:

- Maintain upright posture throughout - head up and body balanced.
- Slightly increase your arm swing (hand crosses over mid-line of body).
- Stride out briskly with relaxed hips.
- Remember to breathe fully and deeply.

For more walking tips and to download the Just Start Walking app visit www.juststartwalking.com.au

To ensure the best spinal health, make an appointment with your local CAA Chiropractor, who can assess your posture and offer you Chiropractic care to help you maintain better health in the long term. Chiropractors are five year university trained and are experts at analyzing posture and spinal problems.

To find your local chiropractor visit www.locateachiropractor.com.au



About the Chiropractors' Association of Australia

The Chiropractors' Association of Australia (National) Limited (CAA) is the peak body representing chiropractors in Australia. It has eight autonomous CAA state and territory associations. The Association has a current membership of approximately 3,000 members. The national body is involved with such matters as education, publications, conventions, international relations and the liaison with federal government authorities. The CAA actively promotes the profession within Australia to the general public and to other professionals in health related fields.

For more information visit www.chiropractors.asn.au or phone (02) 8844 0400.

About Chiropractic in Australia

More than 215,000 Australians see a chiropractor each week to treat a range of conditions relating to spinal health including; lower back pain, neck pain and acute and chronic pain. Chiropractors are five year university trained experts in spinal health and wellbeing; delivering healthcare which is safe, effective and regulated.