

11 October 2016

## Straighten Up and Move on Sunday 16 October for World Spine Day

Sunday 16 October 2016 is World Spine Day and the Chiropractors' Association of Australia (CAA) is encouraging people to 'Straighten Up and Move'.

World Spine Day is a global campaign to highlight the importance of physical activity and improving posture to assist with good spinal health and prevention of injury, as part of the Bone and Joint Decade's Action Week.

It is estimated that one in six Australians (3.7 million) had chronic back problems in 2014–15, according to an August 2016 report released by the Australian Institute for Health and Welfare (AIHW).

### 'Straighten Up'

Poor posture may cause headaches, soreness, back pain, fatigue, respiratory issues and other issues by putting pressure on your spine. In some cases, this can be improved with the correct education, adjustment and awareness of the issue. While it may take some diligence to undo bad habits, it's worth persevering.

Straighten Up Australia is an ongoing community service initiative of the Chiropractors' Association of Australia (CAA), and is an easy and enjoyable everyday program to improve your health and the way your body functions.

Consisting of a set of simple exercises and taking just three minutes to complete, Straighten Up Australia should help improve posture and stabilise core muscle groups, which will aid to enhance health and prevent spinal disability. You can download the Straighten Up Australia exercise program at [www.chiropractors.asn.au/sua](http://www.chiropractors.asn.au/sua)

### 'and Move'

Modern lifestyles – such as office work and extended use of computers or mobile devices – can force us to be less active or adopt sedentary positions leading to poor posture, issues with balance and coordination, and even pain.

Walking is a low impact exercise that assists in improving flexibility and mobility. Accompanied by a regimen of stretching, walking can improve flexibility and a better range of motion. Walking strengthens the body and helps position the spine in its upright natural shape, causing you to naturally adopt proper posture.

CAA's Just Start Walking app is one way to help get you moving. Available from the App Store and Google Play, this app allows you to track your walks via GPS, log your walking history, share your walks with friends online and find walking events in your local area.

For more information on how to maintain a healthy spine, please visit [www.chiropractors.asn.au](http://www.chiropractors.asn.au)

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