



**EXERCISE  
BALLS**



**BACK  
PAIN**



**SWIM  
AWAY!**



**JOINT  
HEALTH**

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## Revitalise your health: a fresh start for 2024

*The New Year is often a time for both reflection on the past and anticipation for the year ahead, prompting us to consider the changes we want, (or need) to make, and how to achieve them.*

*Many resolutions revolve around eating better, losing weight, and improving wellbeing. You can take a holistic approach to a healthy body with these suggestions...*

### 1 Exercise

Getting a regular mix of exercise – strength, cardiovascular, and flexibility – will keep you mobile, fit and energetic, minimise the risk of many lifestyle diseases, and make you feel good. Exercise doesn't have to be a formal activity; you just have to move every day!

### 2 Nutrition

Being healthy is a balance between being active and eating sensibly. You can reduce the risk of a range of health problems by maintaining a healthy body weight. Cut back on sugar, alcohol, salt and saturated fats. Eat a variety of nutrient-dense food such as vegetables, fruit, whole grains, healthy fats and lean proteins. Additionally, ensure you drink enough water, as every system in your body depends on hydration.

### 3 Sleep

You might think you can manage on five hours of sleep, but your body probably disagrees! Typically, adults need about 7-9 hours of sleep each night. Sleeping helps your body restore and repair itself and boosts brain function.

If you struggle with sleep issues, we can assist you or guide you to the right resources.

### 4 Maintain brain health

Living a mentally active life is as important as physical exercise. Stimulate your brain with reading, games and puzzles, or learn a new skill. Try activities that require manual dexterity as well as mental effort, such as drawing, or playing an instrument. Brain-challenging activities can help establish connections between nerve cells, and may even help your brain generate new cells.

### 5 Connect with others

Being social is good for your health and wellbeing. Spending time with friends and family helps enhance happiness, lessen sorrows, and increases your sense of belonging and purpose. Helping others fulfils many basic emotional needs for both the helper and recipient.

### 6 Think positively

Laughter really is great medicine, especially when it comes to managing stress. Laughter reduces stress hormones, increases the release of 'feel-good' endorphins, and boosts your immune system.

Additionally, reflecting on the positive aspects of your life can enhance your happiness and resilience.



Here's a great tip for any age group:  
take up dancing – it can keep you mentally and physically active, and you'll probably make friends and have a lot of fun - all from one activity!

# What are exercise balls and how do they help?

These are large balls which are durable and flexible and designed to be puncture-resistant. They can help improve your balance, stability, posture, and strength.

Whether you're actively exercising or simply sitting on the ball, your body engages various muscle groups, particularly strengthening your back muscles and core, crucial for providing support to your spine. A strong core can ease back pain and improve posture, leading to a healthier spine.

Furthermore, using exercise balls can enhance flexibility, coordination, and overall body awareness. These benefits are crucial for maintaining proper body mechanics, which is essential for preventing injuries and reducing strain on your spine.

## Can anyone use them?

Exercise balls are suitable for people of all ages and fitness levels. If you suffer from back pain, poor posture, or spinal issues, incorporating ball exercises into your routine may help ease discomfort and promote healing.

Additionally, people looking to enhance their fitness regimen, office workers seeking relief from sitting all day, or people

who just want to improve their balance and stability, can benefit from using an exercise ball.

Moreover, exercise balls can aid exercise during pregnancy by easing the uneven distribution of weight. They can also help during labour by providing support for various positions, assisting gentle movements, and more.

## How do you use them correctly?

Using exercise balls correctly is essential to maximise their benefits and avoid injuries. Here are some guidelines to follow:

**Right size:** Select a ball that matches your height. When sitting on it, your feet should rest flat on the ground, and your thighs should be parallel to the floor.

**Good posture:** Ensure proper posture while exercising on the ball. Engage your core muscles and keep your spine in a neutral position to prevent strain.

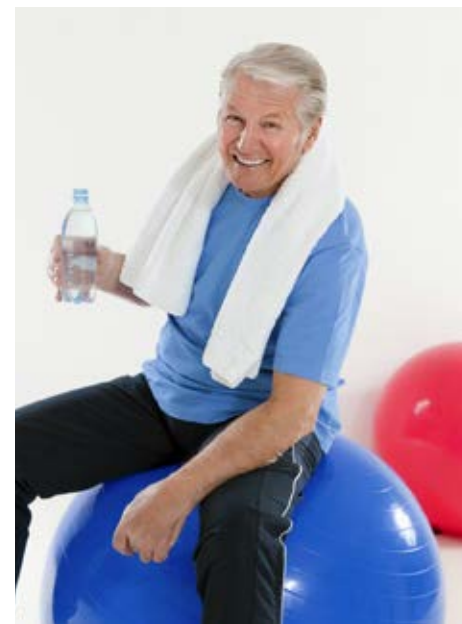
**Start slowly:** If you're new to using exercise balls, start with basic movements and gradually progress to more challenging exercises as your strength and balance improve.

**Variety:** Explore a variety of exercises to

target various muscle groups, ensuring engaging workouts and a comprehensive strengthening routine.

**Seek guidance:** If you're unsure about the right techniques, we can guide you through exercises tailored to your needs and ensure you perform them correctly.

In summary, using an exercise ball provides versatile benefits for a healthy body and lifestyle. Consult your chiropractor to ensure it's suitable for you.



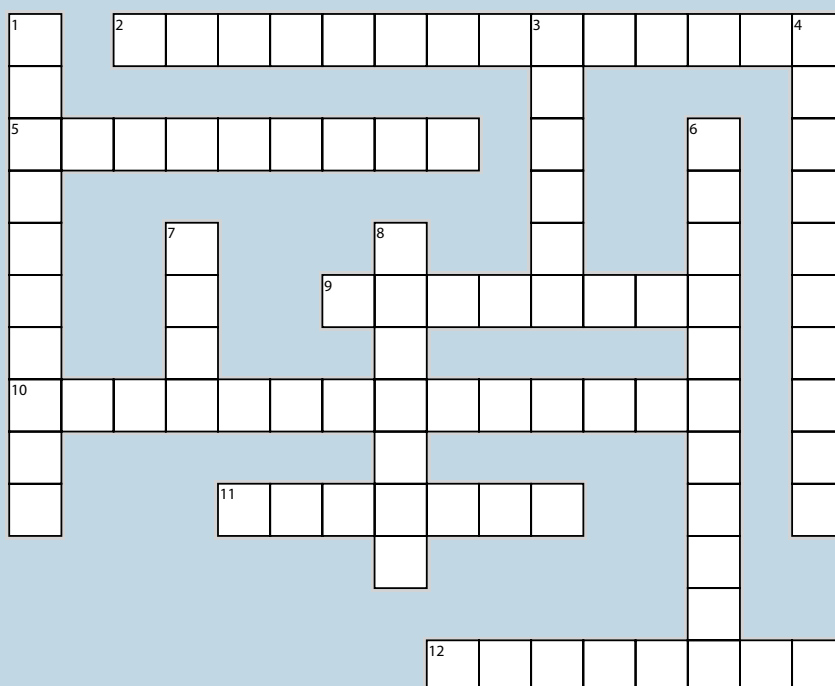
## ACROSS

2. A word that relates to the heart and blood vessels.
5. A flexible connective tissue that provides cushioning between bones, enabling smooth joint movement.
9. All inclusive, whole.
10. OA is an abbreviation for .....
11. Provide water to maintain a correct fluid balance.
12. A tough band of tissue that connects bones or cartilage at a joint.

## DOWN

1. A type of swimming stroke.
3. Mental, emotional, or physical strain.
4. The ability to recover quickly from setbacks.
6. A natural component in your body that helps build joint cartilage.
7. An area in your mid-section which helps support your spine.
8. The position or way you hold your body

# CROSSWORD PUZZLE



ANSWERS AT THE BACK

# Chicken and avocado wrap

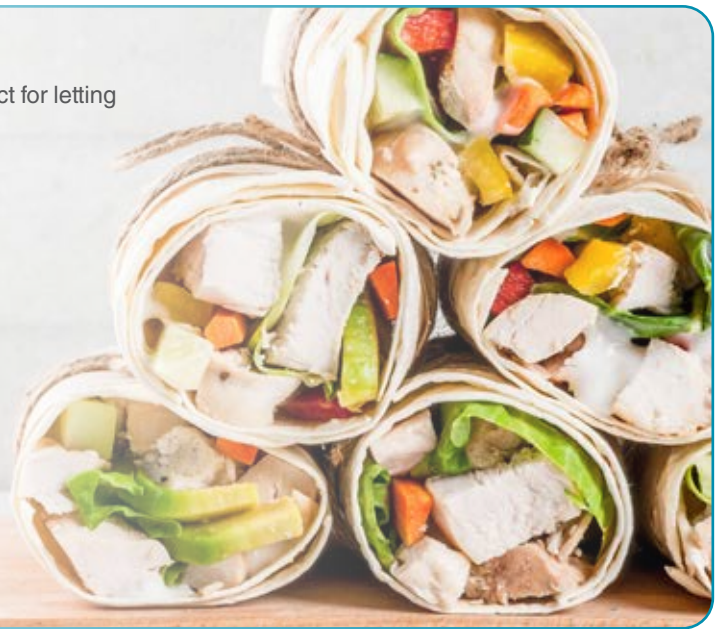
Try this simple recipe for a nutritious chicken and avocado wrap, perfect for letting kids 'design' their own delicious lunches!

## Ingredients

1 wholegrain wrap	2-3 slices of tomato
Tbsp. hummus (any flavour)	¼ cup grated cheese
50g cooked chicken breast (grilled, baked or poached)	½ cup mixed lettuce or coleslaw
¼ avocado, sliced	

## Method

1. Spread hummus evenly over the wrap.
2. Add chicken, avocado, tomato, cheese and lettuce.
3. Roll tightly and cut into halves or quarters.



# Swim away from back pain

Do you love to swim? Swimming is terrific for your body and mind, however, like any exercise, it may cause pain depending on your body's condition. If you have a back problem, swimming may trigger or worsen discomfort. But it can also help you recover. Let's look at why back pain could occur during swimming and how to prevent and recover from injury.

Swimming is usually easy on the body, but using the wrong technique or overdoing it can lead to back pain. Your spine plays a key role in swimming by providing support and flexibility. Repeating moves or using incorrect form can strain the muscles and joints involved, especially in certain strokes. Backstroke, breaststroke, and butterfly can pose a higher risk for lower back pain, particularly among elite athletes.

So, how can you prevent injury? Or use swimming to relieve back pain? Swimming improves core strength by strengthening your abdominals and lower back. A strong core is essential for overall stability, balance, and preventing injuries. Targeted exercises can strengthen weak areas and relieve overused ones. This lessens injury risk and aids recovery.

Correct technique is essential in preventing injury; it's like ensuring a solid foundation for a building. The better the foundation, the less chance something will go wrong. Ask a professional instructor to review your stroke and form. Proper technique will help evenly distribute effort across your body and reduce back strain.

Warming up prepares you for activity and gets your muscles, joints, nerves, brain, heart, and blood vessels ready to move, which can reduce your injury risk.

To prevent back pain while enjoying the benefits of swimming, it's important to learn how it can happen and take precautions. Feel free to ask us how to stay safe and make the most of your swimming experience.

# Glucosamine and joint health

Are you considering taking glucosamine for joint health? It's been available as a supplement for over a decade, however, not all products are effective, and claims can be misleading. Let's take a look at what research can tell us about glucosamine and how to get it safely.

Glucosamine is a natural component in your body that helps build essential joint cartilage. Healthy cartilage is needed for effortless joint movement. If cartilage gets damaged, it leads to joint problems like inflammation, swelling, and pain. As we age, our natural glucosamine levels decrease, which can contribute to joint wear and tear, possibly leading to osteoarthritis (OA).

## But how does it work?

Scientists aren't quite sure. It's been suggested that glucosamine travels from your bloodstream to the joints once absorbed. There, it contributes to building the glycosaminoglycans (GAGS) required for cartilage. Imagine it this way — constructing a wall requires various materials: bricks, mortar, and water. Similarly, building strong cartilage in your joints requires certain building blocks, glucosamine included.

## Can glucosamine supplements help?

A number of studies suggest that supplementing with glucosamine sulfate may have some benefit in relieving pain in the joints and slowing down the progression of joint damage. These results are promising, but remain inconclusive and studies are ongoing.

There are several forms of glucosamine available in supplements, and contents can vary so it's important to exercise caution. Check the ingredients and be aware of any potential side effects and interactions they may cause.

## Where is glucosamine found naturally?

Finding glucosamine-rich foods can be challenging since typical sources like eggshell membranes and crustacean shells are not edible or appetising. Some people find bone broth appealing; this involves simmering shells, and animal bones and joints to create a rich broth.

Dietary sources may not have a big impact on how your body makes and uses glucosamine, however foods with anti-inflammatory properties can still help keep your joints healthy and lessen pain and stiffness.

**With a well-balanced diet, regular exercise, healthy habits, and appropriate care, it may be possible to find respite and healing. Please speak to us about how to keep your joints safe and well.**



## APPOINTMENT REMINDER

Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date Time

## Back pain: the signal you should not ignore

Do you suffer from back pain? You're not alone; unfortunately it's common - one in six Australians suffers from back problems. These problems can affect all areas of your life; causing difficulty with everyday activities - like bending, lifting, and getting out of bed. You may also experience mental distress and difficulty working.

### How does back pain happen?

In simple terms, back pain is discomfort felt in the region between your neck and hips, and can result from different causes and have various effects on your body.

Back pain can originate from the bones, discs, ligaments, muscles, joints, muscles or nerves in your back. Sometimes, it's referred pain from other sources like menstrual pain or irritable bowel syndrome. Other times, it's due to underlying conditions like arthritis, endometriosis, fibromyalgia, kidney stones, or osteoporosis. Often, it's linked to mechanical issues in the spine.

### When should you seek help?

If you're struggling with back pain or discomfort, reach out, it's an indication that all is not well. A professional assessment will help identify the cause. From there, we can discuss treatment options and advice, or, if needed, further assessment or referral.

There are also "red flags" - signs that may indicate a serious problem - that should not be ignored. If you have any of these, book a consultation promptly.

- pain or weakness in one or both legs
- numbness in the leg or saddle area
- trouble controlling your bladder or bowel
- recent trauma like a car crash, fall, or knock
- unexplained weight loss
- fever
- pain that persists for six weeks or more
- rest - including sleep - doesn't help

While it may appear that the pain has occurred suddenly, back pain can actually manifest long after an issue first develops, sometimes even years later. Therefore, discomfort serves as a reminder to assess the health of your spine.

As chiropractors we understand back pain very well. We use a hands-on holistic approach to assess your body, spine, and health. We may evaluate your range of motion, muscle strength, nerve function, balance, coordination, and posture. We'll identify any problems with your spinal, muscle, nerve, and joint function.

Together, we'll decide on a treatment plan. This can include adjustments to your spine or other joints, strengthening or stretching exercises, and lifestyle, postural, and movement advice. We will work with you to help reduce or eliminate your pain and improve your function.

While back pain is common, it's not unbeatable. It's a signal from your body telling you something is wrong, much like the oil light warning in a car. Listen to your body! Seeking professional care can set you on the path to a healthier, pain-free life.

Back pain or discomfort signals underlying issues in your body. Reach out to us; together, we can guide you toward a pain-free life.

Disclaimer: The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider. Talk to your chiropractor first.

## CROSSWORD ANSWERS

1. BACKSTROKE 2. STRESS 3. RESILIENCE  
4. POSTURE 5. CORE 6. LIGAMENT  
7. HYDRATE 8. HYDRATE 9. HOLISTIC  
10. OSTEOARTHRITIS 11. HYDRATE 12. LIGAMENT

ACROSS

DOWN



## Archies Arch Support Thongs and Slides



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