



**DUCHY  
CHIROPRACTIC**  
GO WELL | STAY WELL

# Welcome to our February Newsletter!

## February 2025

### Walking For Good Health...

Did you know January was Walk Your Dog Month! What a great way to kick start your New Years resolutions by getting outdoors and walking.

Walking (with or without a dog) can:

- Help maintain a healthy weight
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Improves mental health and wellbeing
- Help prevent and manage conditions such as type 2 diabetes, high blood pressure, heart disease and strokes

Walking is a simple, low-impact form of exercise which can have a dramatic impact on your overall health in a surprisingly short amount of time.

It improves back health by strengthening the muscles which support the spine, improving posture, facilitating strong circulation and improving bone strength.

#### Improves flexibility:

When combined with stretching, walking can lead to improvements in terms of flexibility and range of motion. These improvements will make it easier to perform day-to-day activities and can reduce the risk of back injuries.

#### Improve muscle strength:

Walking engages all of the muscles which keep your body upright, including your core, leg and back muscles. These muscles eventually become stronger and more capable of supporting the spine.

#### Better bone health:

Bone is living tissue just like muscle. It responds to exercise in the same way as muscle, gradually becoming stronger over time, walking can also reduce the risk of degenerative bone diseases.

#### Meet new people:

Walking is a great way to meet new people and socialise. It can help build a social support system in your daily routine and it can help you feel more energetic and happier. There are a number of walk schemes available to help you start your journey towards a healthier and happier lifestyle, so why not start today!

### 5 REASONS TO WALK

WALKING FOR AS LITTLE AS 20 MINUTES A DAY HAS BEEN FOUND TO SHOW SIGNIFICANT IMPROVEMENTS IN YOUR OVERALL HEALTH, INCLUDING:



**OVERALL MENTAL  
HEALTH**

**STRONG JOINTS**



## Winter Walking Tips...

Here are some top tips to help prevent slips and falls during the winter months:

1. Walk like a Penguin.
2. Take shorter, shuffle like steps.
3. Go Slow.
4. Bend your knees slightly.
5. Walk flat footed.
6. Keep your arms at your sides (not in your pockets).

Before venturing outside, make sure to check for weather updates and review these tips:

### CHOOSE THE RIGHT FOOTWEAR

Look for winter boots or shoes that provide slip-resistance such as rubber soles and non-slip tread.

### PLAN AHEAD

Give yourself extra travel time so you can walk without being rushed.

### DON'T BE DISTRACTED

Take a look at your surroundings. Avoid walking and using your phone at the same time.

### BE PREPARED

Use salt on icy surfaces outdoors such as driveway.

### USE SUPPORT

Use handrails when available and steady yourself on the doorframe of your car when getting in and out of a vehicle.

### MAINTAIN YOUR BALANCE

Try keeping your hands out of your pockets and swinging your arms at your sides to help with balance and wand walking posture.

Avoid carrying items in your arms.

### WALK LIKE A PENGUIN

Keep your feet "flat-footed" (place your whole foot down at once). Take short strides or shuffle your feet forward. Keep your knees slightly bent and feet pointed out. Lean forward slightly.



## 10 Walking Fun Facts...

- It requires 200 muscles just to take one step. This is why walking is considered a full-body exercise.
- The average adult will walk almost 75,000 miles over their lifetime. The equivalent of travelling around the world 3 times!
- The longest walk around the world was completed by Jean Beliveau, a neon-sign salesman, who walked 46,600 miles around 64 countries. The trip took him 11 years!
- It would take, on average, 1 hour and 43 minutes of walking to burn off a 540-calorie Big Mac.
- Sleepwalking is called somnambulism and about 18% of the world suffer from it.
- It would take a person walking nonstop approximately 347 days to walk around the world!
- Walk to the beat of "Shut Up and Dance" and you'll be going about 3.5 mph. If you can keep up with "Shake It Off," you'll be cruising at more than 5 mph.
- Australians walk the most, taking an average of 9,695 steps each day.
- Race walking made its Olympic debut in 1908.
- Thomas Jefferson, who lived to be 83 when his life expectancy was 40, walked four miles a day

