



**DUCHY
CHIROPRACTIC**
GO WELL | STAY WELL

Welcome to our February Newsletter!

February 2026

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.

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.

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.

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!



**PHYSICAL
STRENGTH**



**HEALTHY
HEART**



**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:

BE PREPARED:

Use salt on icy surfaces outdoors such as driveway.

PLAN AHEAD:

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

CHOOSE THE RIGHT FOOTWEAR:

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

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.

DON'T BE DISTRACTED:

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

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.



Community News...

Cornwall Mind:

Join our Wadebridge Walking Group. Wednesdays 10am – 12 noon fortnightly.

Joining a walking group is a great way to improve fitness, connect with others and form new friendships. The social support can help you remain motivated too.

We offer free walking sessions, varying the routes around the local Wadebridge area.

Each walk lasts approximately two hours. We also stop for a rest at a cafe to enjoy a little social group time.

Sign up now -

<https://cornwallmind.org/referral-form>

Healthy Cornwall:

Lifestyle Checkpoint Mini Health Check Kiosk is now available in the reception area of **Bodmin Leisure Centre – Available until Tuesday 17 February. It's completely FREE to use!** This easy-to-use kiosk helps you monitor key health measurements, including:

- Weight & BMI
- Body Fat
- Blood Pressure
- Temperature
- Blood Oxygen Levels
- Hydration
- Visceral Fat

You'll receive a printout of your results, and there's a handy booklet next to the kiosk to help you understand what your numbers mean. No appointment needed - just pop in to use.