



**DUCHY
CHIROPRACTIC**
GO WELL | STAY WELL

Welcome to our March Newsletter!

March 2026

The Benefits Of Exercise....

There are so many benefits of exercise, if you're looking to improve your overall health, lose weight, or just feel better mentally and emotionally, these benefits will help motivate you to get moving!

- Strengthens your bones and muscles.
- Gives you more energy.
- Helps relieve chronic pain.
- Helps you to maintain a healthy weight.
- Improves joint health.
- Improves immune system function.
- Boosts brainpower.
- Builds stronger connective tissue.
- Helps improve circulation and heart health.
- Boosts brainpower.
- Builds stronger connective tissue.
- Helps reduce pain from arthritis and other conditions.
- Helps improve balance and coordination, preventing falls in older adults.
- Boosts your mood and helps fight depression.
- Lowers your blood pressure and cholesterol levels.
- Improves your skin health by increasing blood flow and oxygen to the skin cells.
- Lowers blood sugar levels, reducing the risk of Type2 Diabetes.

There are many more benefits to exercise, too many to list! Being active doesn't have to mean going to the gym going for a run or playing a sport, it can be going out for walk. Leaving the car at home and walking to work instead of driving or taking the stairs instead of using a lift all counts as exercise.

What's important is to sit less and move more, any movement is good movement!

Having fun and making exercise part of our daily lives has so many benefits...

Why not start today!

EXERCISE



**PHYSICAL
STRENGTH**



**HEALTHY
HEART**



**OVERALL MENTAL
HEALTH**



STRONG JOINTS



**STAY
ACTIVE!**



World Sleep Day...

World sleep day is a celebration of healthy sleep patterns. It is celebrated in March on Friday 13th. The day highlights the importance of good sleep for our health and wellbeing.

If you suffer with poor sleep try the following tips to help you have a better night's sleep.



5 Tips for Better Sleep

- 1. Relax**
Take time to relax before you go to bed. Try taking a warm bath, reading a book, or listening to soothing music. Turn off mobiles and electronic devices an hour before bed time.

- 2. Stick to a routine**
By creating a sleep routine it allows your body to programme itself to naturally fall asleep and wake up at certain times.

- 3. Create a relaxing space**
Make sure your bedroom is a quiet, free of clutter and an enjoyable place. Keep the temperature comfortable. Try to block out excess light and noise.

- 4. Foods to avoid**
Spicy food, alcohol and large meals shouldn't be consumed before bedtime. Avoid eating late at night. Drinking coffee and caffeinated drinks in the afternoon can also affect sleep.

- 5. Don't clock watch**
Worrying about getting enough sleep can itself stop us sleeping. If you can't stop checking your clock, try turning it around or putting it on the other side of the room.


ZZZ For good health & wellbeing ZZZZ
Sleep 7 to 9 hours per night.

Community News...

Novice rowing training starts at Padstow Rowing Club on 15th March. Our 5 week programme will cover all the essentials to get you on the water and pushing your limits.

If you want a sport that builds serious fitness, fuels your competitive side, and throws you into a team that backs each other on and off the water — this is it.

- No experience needed. Just bring commitment, energy, and a willingness to learn.
- Padstow Rowing Club
- Starts 15th March
- £25
- To book your place - email padstowrowingclub@gmail.com today.



PADSTOW ROWING CLUB Est. 1988

FIT? STRONG? COMPETITIVE?

NOVICE SESSIONS

ARE YOU LOOKING FOR A NEW CHALLENGE?
SOMETHING A BIT DIFFERENT TO KEEP FIT. MEET NEW PEOPLE AND CHASE GLORY?
STARTING 15th MARCH 2025
5 WEEKS FOR £25

GET IN TOUCH TODAY TO START YOUR ROWING CAREER [PADSTOWROWINGCLUB@GMAIL.COM](mailto:padstowrowingclub@gmail.com)

Bodmin Leisure Centre:

Happy International Women's Day!
To celebrate this fantastic event we are putting on two extra Women's only classes this Sunday 8th March along side our existing Zumba and Aqua offerings.
9:15am - Group Cycle with Judy
11:15am - A taster session for our brand new Menopause Strength class with Rosie

** this session will be able to book under the moniker Legs Bums and Tums for this week only.

To book your space in one of our International Women's Day sessions, please use the Better UK app or visit our website: <https://brnw.ch/21x0p1u>