



## On Your Feet...

**Top Tips To Get On Your Feet**

**#THEWAGGLER**  
JIMMY From Sales will be wagging it.

1. Run a lunchtime **fitness workshop** for the office.
2. Make phone calls **standing up**.
3. **Use the stairs**.
4. Have standing or **walking meetings**.
5. An alert will sound at random times and everyone must **stand up** when it does. A fine for those caught napping.
6. Take a regular breaks from your computer, **stand up, stretch and walk around** the office. Ignore the bemused looks.
7. Have **one less chair** than people at meetings. Get everyone to move around with each new agenda item.
8. Ban internal emails. **Everyone must walk to colleagues** to discuss work. Be prepared that some people may have aged - depending on how long you've left it.
9. Organise a **lunchtime walk**.
10. **Walk to work**, or get off a few stops earlier and walk the rest of the way.

**#SITLESS #MOVEMORE**

**DID YOU KNOW?**  
**Sitting less and moving more is good for you**  
You'll burn more calories, a good way to maintain a healthy weight. You'll be less likely to develop coronary heart disease, or Type 2 diabetes.

On Your Feet Britain takes place annually in April. It is a nationwide initiative that aims to raise awareness about the health risks associated with sedentary behaviour and promote the many benefits of incorporating movement into the working day.

Research shows that regular movement throughout the day leads to better health, increased motivation, improved concentration and many more health and wellbeing benefits. Whether you're working from home, in the office, or out and about here are some tips to keep you on your feet:

- Take Regular Breaks.
- Stand up, stretch and walk around every hour.
- Schedule short bursts of exercise into your day, like a quick walk or desk stretches.
- Use the stairs more, try to avoid using lifts.
- Try to stand during phone calls.
- Take a break from your computer every 30 minutes.
- Try standing or walking meetings.
- Eat your lunch away from your desk, take your lunch outside or to another part of the building.
- Walk to a colleague's desk instead of phoning or emailing.

## Fun Foot Facts!

- Your feet have approximately 250,000 sweat glands which produce up to half a pint of sweat each day.
- There are approximately 8,000 nerves in the feet.
- Your toenails grow 3x slower than your fingernails
- It takes between 5-6 months to grow an entirely new toenail.
- 20%–30% of people have "Morton's Toe," where the second toe is longer than the big toe.
- Feet are one of the most ticklish parts of the body due to the high density of nerve endings.
- The Romans were the first to make right and left shoes.
- Feet can be two sizes larger in the afternoon as they swell throughout the day.
- It is rare for people to have both feet the same size.
- Feet are largest at the end of the day.



## World Pilot Gig Championships

Well done to all the crews who participated in the World Pilot Gig Championship in the Isles of Scilly. It was another spectacle of gig rowing at it's very best.

Congratulations to Liz and the Falmouth Vets A crew, Women's Vets World Champions 2026!

Congratulations also to Helen, our lovely receptionist at The Therapy Room, rowing with the Padstow Vets crew who came 12th!



## National Smile Month!

May is National Smile Month  
Did you know? Smiling offers surprising health benefits!

Here's a list of some of the top benefits of smiling:

- ✓Helps you live longer
- ✓Relieves stress
- ✓Elevates mood
- ✓Boosts the immune system
- ✓May lower blood pressure
- ✓Reduces pain
- ✓Helps you stay positive



Next time you're feeling stressed or down just remember to smile!

May you have a month full of contagious smiles!

## Clinic News...

Chiropractic Awareness Week (13th April – 19th April) a week to celebrate all things Chiropractic! Chiropractic is more than just 'cracking backs'...

Apart from manipulation I use a variety of techniques these might include massage, ultrasound interferential therapy and taping. Along side this I give advice about posture, lifestyle and teach stretching and strengthening exercises for home rehabilitation so you can help yourself stay well.

Find out if I can help you by booking a free 15-minute assessment today!

