



**DUCHY**  
**CHIROPRACTIC**  
GO WELL | STAY WELL

**Welcome to our October Newsletter!**

**October 2023**

## **National Fitness Day....**

'National Fitness Day was celebrated on Wednesday 20th September, with the theme this year being "Your Health is for Life".

Approximately one in three adults over the age of 60 will experience low back pain.

Advancing age, as a factor on its own, does not increase the risk of low back pain.

The great news is, there are many options for steps you can take to both lower the risk of back pain and improve your symptoms.

The recommendations for cases of back pain have changed over the last few years, the old practice of bed rest for pain is now strongly discouraged.

There is no one specific type of exercise that has a benefit over another in terms of pain, the best program for you is one that you will be excited to do! It might take a little trial and error but there's no reason you can't get started today!

Remember all movement is good movement!

## ***FITNESS***

*is not a destination. It's not a goal that you check off your list. It's not a sprint to the finish. It's not a lifestyle or a fad. It's more than a way of life. Fitness is a way*

## ***TO LIVE.***

**Physical activities are often  
Advised alongside  
Chiropractic treatment to help you  
Stay Well rather than just get well !!**

## **Our Very Own Legend!!!**

Liz is our very own Legend!!!

We are super proud of Liz and the Falmouth A crew who came 5th out of 95 crews racing at the County Championships in Newquay!

It's been an amazing weekend of rowing!! Falmouth flew through their heat on Saturday straight through to the quarterfinals on Sunday then further qualifying in to the semi finals and then the final!!!

The determination, strength, stamina and power shown by Liz and her crew throughout all their races was incredible!! All the hard work, dedication and hours of training paid off your medal is so well deserved!! Huge congratulations to Liz and the Falmouth A crew on your epic achievement!!!



## Special Offer...Gym Ball Only £15

Gym balls are a versatile piece of exercise equipment available to help people with back pain.

The advantage of using an exercise ball is that your body will respond to the instability of the ball and work towards balancing itself, thus ensuring activation of core muscles. This can help with improving back and spine health, enhancing core stability, posture, and muscle balance.

### How Gym Balls Help Your Spine

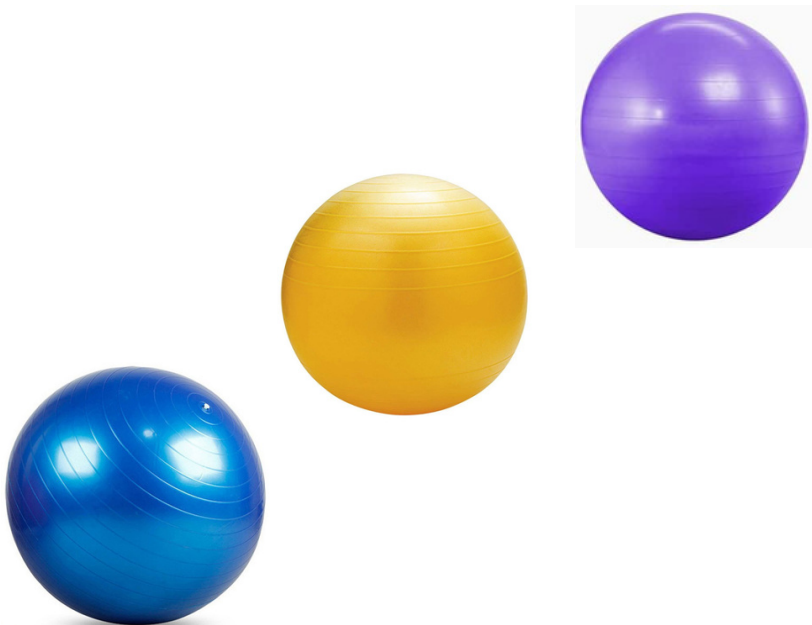
- **Back pain relief** – Gym balls have been found to help increase circulation in the body, which can help to relieve pain when sitting for long periods of time.
- **Better posture** – When your spine is free from restriction and dysfunction, then better posture comes naturally. A Gym ball helps to encourage this and can lead to less back and neck pain due to poor posture.
- **Toning core muscles** – While you work you are forced to engage your core muscles in your abdomen in order to balance on the balls. This keeps your muscles engaged and also encourages more movement throughout the day, helping to support a healthy spine in the process.

Gym Balls can also be used as a birthing ball or as a desk chair to improve your posture and relieve back pain when you're sitting.

Please call the Therapy Room on 01208 76009 or pop in to get yours.

They make a great Christmas gift!

**Special Offer Only £15!!**



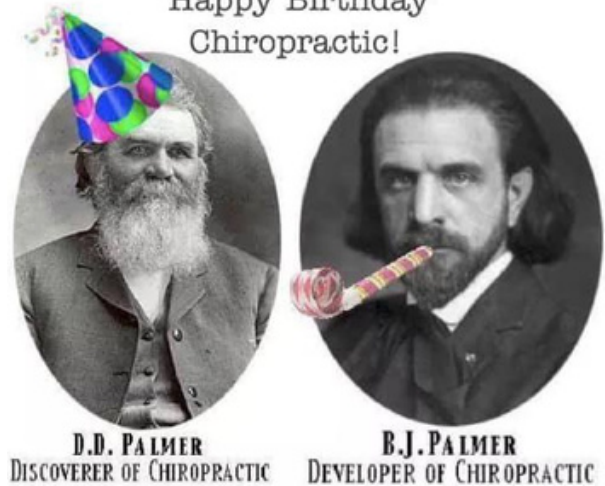
## Fun Fact!

The colour of your eyes can affect everything from your ability to drink alcohol to your ability to cope with pain



## Chiropractic History Did you know?

Happy Birthday  
Chiropractic!



**D.D. PALMER**  
DISCOVERER OF CHIROPRACTIC

**B.J. PALMER**  
DEVELOPER OF CHIROPRACTIC

Happy Birthday Chiropractic!!  
Last Month we celebrated the birthday of Chiropractic care!  
On the 18th September 1895  
Dr Daniel David Palmer delivered the first Chiropractic adjustment in Davenport Iowa to Harvey Lillard...  
The beginning of Chiropractic as we know it today!

