



DUCHY
CHIROPRACTIC
GO WELL | STAY WELL

Welcome to our September Newsletter!

September 2024

Back To School Tips...

Summer has flown by and it's almost time for the start of a new school year.

For many families this means back to routines, this transitional time can sometimes cause unwanted stress not only for parents but for kids too.

Here are a few chiropractic tips to help make the back to school season a healthy and happy one for the whole family!

- **Wear your backpack properly:**

Selecting a backpack that fits well and distributes weight evenly can help prevent strain on your child's shoulders and back.

Encourage your child to pack only essential items to avoid overloading the backpack. A backpack should weigh no more than 10-15% of your child's body weight.

Two-Strap Rule, the importance of using both shoulder straps to evenly distribute weight across the back. This reduces the risk of developing poor posture or spinal misalignments.

- **Focus on your Sitting Posture:**

Sitting at a school desk for long hours can put enormous stress on your back if your posture isn't correct. Long periods of "non-ergonomic" sitting allows tension to build up overtime in the back, shoulders, and neck.

When sitting at a desk, it's recommended to maintain a straight posture with as little "slouching" as possible.

- **Proper footwear**

Correct footwear is crucial for your child's comfort and overall wellbeing. Choose shoes that fit well, providing plenty of room for toes to wiggle and proper arch support. Poor fitting shoes can lead to discomfort, foot problems, and can affect posture.

- **Sleep**

Consistent sleep and chiropractic health go hand in hand. Sleep is our body's time to heal and repair from the stresses of daily life. If your child is not getting enough sleep their body and brain function can suffer. With busy days and of after school activities prioritising sleep can often be difficult.

- **Regular Breaks**

You can help to keep your children's spines healthy by encouraging them to walk around or take part in some form of physical activity during their lesson breaks. Make sure your children get up, stretch and walk around during their breaks.

- **Screen Time:**

Limit screen time and encourage breaks every 20-30 minutes to prevent eye strain and poor posture.

- **Nutrition**

The most important meal is breakfast. Make sure your child's breakfast is nutritious and contains protein to help focus and avoid cravings. Adding fruits and veggies to your child's diet can add great sources of immune boosting vitamins and minerals.

- **Chiropractic adjustments**

It is best to have your child checked for spinal stress before any symptoms begin. Regular chiropractic adjustments can help to avoid any back to school set backs.



Top Tips...

EASY DESK STRETCHES

YOU CAN BOOST YOUR ENERGY AND IMPROVE YOUR POSTURE WHILE AT YOUR DESK WITH THESE EXERCISES.



INSERT DESK EXERCISE 1



INSERT DESK EXERCISE 2



INSERT DESK EXERCISE 3



INSERT DESK EXERCISE 4

WWW.REALLYGREATSITE.COM

HOW TO GET A GOOD NIGHT'S SLEEP



FEELING TIRED? HERE ARE SOME SIMPLE TIPS TO HELP YOU GET TO SLEEP.

EXERCISE

A brisk walk every day will not only keep you fit, but will also keep you sleeping better. Keep an eye on the timing of your workouts. Exercise too close to bedtime can be stimulating.



EAT, BUT NOT TOO MUCH

A grumbling stomach can keep you awake, but so can an overfull stomach. Avoid eating a big meal within two to three hours of bedtime.



KEEP IT COMFORTABLE

You don't have to watch television in your bedroom to be distracted. Make sure your bedroom is as comfortable as possible.



START A SLEEP RITUAL

Sleep rituals help signal the body and mind that it's time for sleep. Make sure you drink warm milk. Relax by taking a bath. You can also listen to calming music before bed to relax.

Fun leg Facts!

- Your legs contain over 50% of the bones in your entire body. These bones work together to give your legs strength, flexibility, and stability.
- The femur, also known as the thigh bone, is the largest and strongest bone in your body.
- The muscles in your legs, the quadriceps, hamstrings and calf muscles, are some of the largest and strongest muscles in your body.
- A correctly aligned foot arch can support an impressive 6 times your body weight.
- Our legs have an extensive network of nerves that transmit signals between your brain and leg muscles. This is vital for allowing you to move, feel sensations, and maintain control over your legs.
- Your legs house vital organs. The femur, contains bone marrow, which is responsible for producing red and white blood cells.
- An elephant is the only land mammal that cannot jump, its bodyweight is too much for any joint to survive that impact.

