



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

**Welcome to our October Newsletter!**

**October 2024**

## **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! Finding a new activity can be the key to enjoying exercise and staying active!

Always check with your health practitioner before starting a new activity.

## ***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.***

## **Exercise Fun Facts!**

- The name "muscle" comes from the Latin for "little mouse" (musculus). This is because the Romans thought that the bicep muscle looked like a little mouse!
- You can find out the maximum number of times your heart should beat per minute during exercise, by subtracting your age from 220.
- Your left lung is about 10% smaller than the right lung, to make room for your heart.
- Your blood makes up about 8% of your body weight!
- Listening to music while exercising can improve your work out performance by about 15%.
- Exercising can improve your memory.
- A pound of muscle burns three times more calories than a pound of fat.
- Exercising can help make you feel good and boost your confidence.
- Exercise and working out helps you to sleep better



# Positive Thinking...

National Positive Thinking day was celebrated on September 13th.

For many years, positive thinking has been recognised as a key to leading a happy life.

It can help us achieve our goals, improve both our physical health and our mental well-being.

It would be unrealistic to expect us to ignore facts or logic or to force ourselves to have only positive emotions.

Positive thinking means that you approach stressful and negative situations with a positive outlook.

There are many health benefits to positive thinking including reduced stress. Positive thinkers cope much better when faced with stressful situations. Resilience comes along with positivity. A positive attitude helps people look to fix problems when under stress.

Increased immunity, research has shown that the mind can have a powerful effect on the body. Immunity is one area where a persons thoughts and attitudes can have a particularly powerful influence.

While researchers aren't clear on why positive thinking benefits health, some suggest that positive people might lead healthier lifestyles. Being able to cope better with stress people are able to improve their overall health and well-being.

By practicing positive thinking you gain a positive outlook on life. You can achieve more goals, a positive mindset where you are more willing to try things you wouldn't try before.

This in turn will lead you to be able to set higher goals and increase your confidence. The more confident you become, the more you will start to believe in your own capabilities.



<https://www.facebook.com/masteringpositivity>

We all encounter obstacles during our lives, but try to always find the positive parts of a situation, even if they seem insignificant, try to focus on good things. Remember to laugh, as the saying goes laughter is a medicine! Laughter helps lower your chances of becoming anxious, depressed or stressed. Spend time with positive people, negativity and positivity are both heavily influenced by how you are around. Practice positive self-talk and stop being so hard on yourself. When you make a mistake, think about how your strengths can help you solve the problem differently, instead of blaming yourself for being imperfect.

So start your day with a positive thought, days tend to continue as they start, remember to repeat it to yourself throughout your day!

## Chiropractic History Did you know?

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!

