



DUCHY
CHIROPRACTIC
GO WELL | STAY WELL

Welcome to our January Newsletter!

January 2025

What's Your New Year's Resolution?

The New Year is underway it is a time when many people make their New Year's Resolution. You may very well have made yours already! A common resolution that is made is to become healthier. This can conjure up all kinds of thoughts as to what this entails. Gym memberships increase, diet books sales increase and fitness equipment and clothing get purchased. However, for many people the resolve to become healthier wanes over the days, weeks and months. The good news is that by making a few simple lifestyle changes most of us can become healthier. If you have made a resolution to be healthier in 2025 here are some tips to help you make simple changes to achieve your goal!

Venture Outside

Sometimes there is nothing better for your physical and emotional wellbeing than going outside. Fresh air and nature are a great combination!

Make exercise a part of your daily routine

Taking regular exercise offers many health benefits. Why not make walking your daily exercise? Walking regularly has been shown to have many health benefits both physically and mentally.

Sit Less and Move More

Did you know that the average person sits for approximately 8 hours a day. Research shows the negative impact that sitting for prolonged periods has on people's health. If you find yourself sitting for long periods of time try to get up on a regular basis and move around, setting an alarm to remind you to move can help you achieve this.

Stretch regularly

Stretching is a great way to improve your flexibility, posture and muscle tone. Make stretching part of your daily routine.

Get Enough Sleep

Being well-rested is good for both your physical and mental wellbeing. Turn off your phone and computer, instead try listening to relaxing music or meditating.

Remember...There's no need to achieve everything in January!

Try not to let pressure overwhelm you at the start of the year, you have a full 12 months to set and achieve your goals.



Hope you all had a wonderful festive time and that you have some exciting plans for 2025!

There is no better time to make Chiropractic part of your New Year to ensure you go well and stay well through 2025!

Bone & Joint Health...

Winter is upon us, the drop in temperature and cold weather poses challenges for our bone and joint health. While the usual complaints of stiff joints and muscle aches are common during colder months, another concern is how the cold weather might affect our bone health. Here are some tips on maintaining a healthy musculoskeletal system during the winter months.

- **Dress appropriately:** Dressing appropriately is important for joint health. Wear warm clothing, thick warm jumpers, gloves, and socks. Maintaining a balance between clothing and the cold helps prevent joint stiffness and discomfort.
- **Regular Exercise:** It is important to maintain regular exercise during the winter months. Try low impact activities such as walking, swimming or indoor cycling. These activities help to promote joint flexibility as well as strengthen the surrounding muscles.
- **Warm Up Before activities:** Cold weather increases muscle stiffness. By starting with some gentle stretches you increase blood flow to muscles and joints which will help to reduce the risk of strains and sprains.
- **Reduce caffeine:** Consumption of caffeine can inhibit the absorption of calcium by the body. This can result in unhealthy bones due to insufficient calcium reaching them. Try to reduce your caffeine intake.
- **Eat well:** A balanced diet that includes lean protein, fats and fibre can reduce aches in your joints. Avoid unhealthy choices, such as processed foods that can cause inflammation.
- **Ensure that your diet includes calcium, vitamin D, and other bone-friendly nutrients:** Dairy products, leafy greens, and fortified foods are great sources of calcium and vitamin D. Also, consider including foods rich in magnesium, like nuts, seeds, and whole grains, which support bone health.
- **Maintain a healthy weight:** Weight puts pressure on your joints, excess pressure can cause discomfort and strain. Maintaining a healthy weight helps to ensure your joints are not overloaded.
- **Sleep well:** The body undergoes numerous health processes during sleep, including bone remodelling, during which old tissue is removed and new bone tissue is formed. Getting five or fewer hours of sleep a night is associated with low bone mineral density (BMD) according to a study, published in the Journal of Bone and Mineral Research.

Bone & Joint Fun Facts!

- An adult human skeleton consists of 206 bones in total. Babies are born with 270 bones, which fuse over time to come to a total of 206 bones in adulthood.
- There are 26 bones in the human foot.
- The human hand, including the wrist, contains 54 bones.
- Your femur, or thigh bone, is longest. The stirrup-shaped stapes in your middle ear (measuring only 0.11 inches) is shortest.
- Bones stop growing in length during puberty.
- The collagen in bone constantly replenishes itself. So about every 7 years, you have a new skeleton.
- Joints are the place where two bones meet or connect.
- Ligaments are short bands of tough fibrous connective tissue that function to connect one bone to another, forming the joint.
- Tendons are made of elastic tissue they connect muscle to bone.
- The knee is the largest joint in the body.
- There are different types of joints, including hinge joints, pivot joints, and ball-and-socket joints.
- Women are more prone to joint problems than men due to differences in cartilage thickness and joint surface size.

