



**DUCHY
CHIROPRACTIC**

GO WELL | STAY WELL

Welcome to our March Newsletter!

March 2025

The Benefits Of Exercise....

There are so many benefits of exercise, if you're looking to improve your overall health, lose weight, or just feel better mentally and emotionally, these benefits will help motivate you to get moving!

- Strengthens your bones and muscles.
- Gives you more energy.
- Helps relieve chronic pain.
- Helps you to maintain a healthy weight.
- Lowers your blood pressure and cholesterol levels.
- Improves your skin health by increasing blood flow and oxygen to the skin cells.
- Helps reduce pain from arthritis and other conditions.
- Helps improve balance and coordination, preventing falls in older adults.
- Boosts your mood and helps fight depression.
- Lowers blood sugar levels, reducing the risk of Type2 Diabetes.
- Improves joint health.
- Improves immune system function.
- Boosts brainpower.
- Builds stronger connective tissue.
- Helps improve circulation and heart health.
- Boosts brainpower.
- Builds stronger connective tissue.

There are many more benefits to exercise, too many to list! Being active doesn't have to mean going to the gym going for a run or playing a sport, it can be going out for walk. Leaving the car at home and walking to work instead of driving or taking the stairs instead of using a lift all counts as exercise.

What's important is to sit less and move more, any movement is good movement!

Having fun and making exercise part of our daily lives has so many benefits...Why not start today!



Exercise not only changes your body. It changes your mind, attitude, and mood.

EXERCISE



**PHYSICAL
STRENGTH**



**HEALTHY
HEART**



**OVERALL MENTAL
HEALTH**



STRONG JOINTS



World Sleep Day

World sleep day is a celebration of healthy sleep patterns. It is celebrated annually on March 15th. The day highlights the importance of good sleep for our health and wellbeing.

If you suffer with poor sleep try the following tips to help you have a better night's sleep.



5 Tips for Better Sleep

- 1. Relax**
Take time to relax before you go to bed. Try taking a warm bath, reading a book, or listening to soothing music. Turn off mobiles and electronic devices an hour before bed time.
- 2. Stick to a routine**
By creating a sleep routine it allows your body to programme itself to naturally fall asleep and wake up at certain times.
- 3. Create a relaxing space**
Make sure your bedroom is a quiet, free of clutter and an enjoyable place. Keep the temperature comfortable. Try to block out excess light and noise.
- 4. Foods to avoid**
Spicy food, alcohol and large meals shouldn't be consumed before bedtime. Avoid eating late at night. Drinking coffee and caffeinated drinks in the afternoon can also affect sleep.
- 5. Don't clock watch**
Worrying about getting enough sleep can itself stop us sleeping. If you can't stop checking your clock, try turning it around or putting it on the other side of the room.

ZZZ For good health & wellbeing ZZZ
Sleep 7 to 9 hours per night.

10 Fitness Fun Facts!

- Exercising improves brain performance, cardiovascular exercise helps create new brain cells, enhancing brainpower.
- Working out aids your memory, exercising increases the production of cells that are responsible for learning and memory.
- Exercising regularly helps boost your immune system. This means you'll get sick less often than people who don't exercise.
- The more muscle mass you have, the more fat your body burns while resting.
- You use 200 muscles to take one step.
- Exercise can improve your mood by stimulating brain chemicals that help you feel more relaxed and happier.
- By the time the average person reaches 50 years old they will have walked nearly 75,000 miles.
- A pound of muscle burns three times more calories than a pound of fat.
- The most popular exercise in the UK, is walking, 70% of people saying it is their primary form of exercise.
- When endorphins are released into your bloodstream during exercise you feel much more energised for the rest of the day.

