



DUCHY
CHIROPRACTIC
GO WELL | STAY WELL

Welcome to our October Newsletter!

October 2025

National Fitness Day...

'National Fitness Day was celebrated on Wednesday 24th September. The theme this year is 'Powered by you!'

This theme emphasises that everyone, from individuals to communities and organisations, plays a part in promoting and experiencing the benefits of physical activity.

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!
- Exercising increases the number of endorphins that are released into your body and increases productivity.
- Regular physical activity strengthens bones.
- When running at a constant speed for a long time, your heart rate can increase due to sweating and plasma, known as cardiac drift.
- Exercising can improve your memory.
- A pound of muscle burns three times more calories than a pound of fat.
- It can take up to 3 days for your muscles to fully recover after a hard strength-training session
- Exercise acts as a natural stress reliever by reducing cortisol levels.
- Exercise and working out helps you to sleep better



Newquay County Championships...

We are super proud of Liz and the Falmouth ladies A crew who came 4th out of 75 crews racing at the County Championships in Newquay! Congratulations to all the crews who took part over the weekend. It was an excellent weekend of racing showing incredible power, strength, determination and stamina especially in the difficult conditions that they were faced with on Saturday with the final taking place in the evening the first time this has happened, certainly meant for a long day of hard racing! Huge congratulations to Liz and the Falmouth A crew on your epic achievement!!



Positive Thinking...

National Positive Thinking Day in 2025 was on Saturday 13th September. The awareness day is dedicated to highlighting the importance and benefits of maintaining a positive mindset and can be used to promote positivity and mental 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. So start your day with a positive thought, days tend to continue as they start, remember to repeat it to yourself throughout your day!



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!

