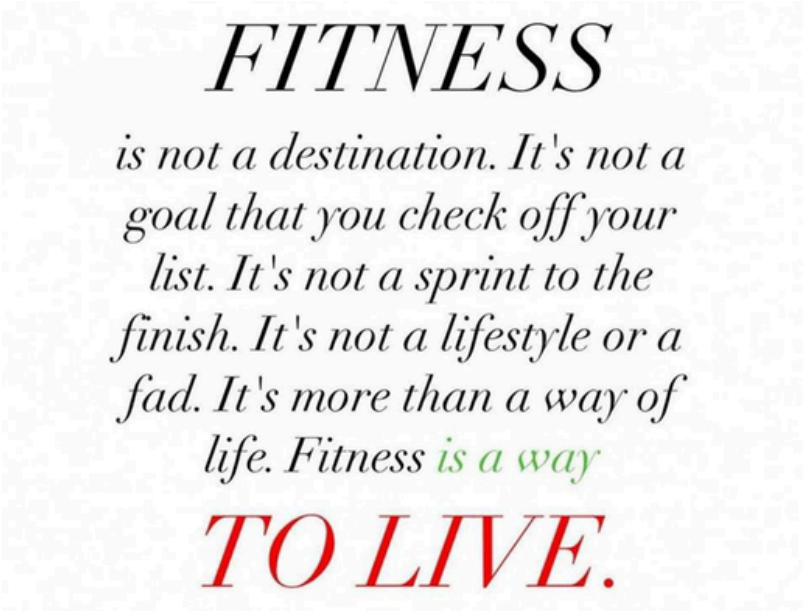
DUCHY CHIROPRACTIC
GO WELL | STAY WELL

Welcome to our October Newsletter!

October 2026

National Fitness Day....

'National Fitness Day was celebrated on Wednesday 16th September, with the theme this year being;
"Powered by You," highlights that everyone has a role to play and opportunity to be active, from individuals and communities to businesses, schools and hospitals.
National Fitness Day isn't just about one day of activity, t's about taking small, towards a healthier, stronger future.
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.



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!
- 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



Gym Ball...

Gym balls are a versatile piece of exercise equipment available to help people with back pain. The advantage of using an exercise ball is that your body will respond to the instability of the ball and work towards balancing itself, thus ensuring activation of core muscles. This can help with improving back and spine health, enhancing core stability, posture, and muscle balance.



physiotherapy and rehabilitation
https://www.facebook.com/groups/2362056047247739/about?locale=en_GB

Gym Balls can also be used as a birthing ball or as a desk chair to improve your posture and relieve back pain when you're sitting.

How Gym Balls Help Your Spine:

- **Back pain relief** – Gym balls have been found to help increase circulation in the body, which can help to relieve pain when sitting for long periods of time.
- **Better posture** – When your spine is free from restriction and dysfunction, then better posture comes naturally. A Gym ball helps to encourage this and can lead to less back and neck pain due to poor posture.
- **Toning core muscles** – While you work you are forced to engage your core muscles in your abdomen in order to balance on the balls. This keeps your muscles engaged and also encourages more movement throughout the day, helping to support a healthy spine in the process.



