



KEEP YOUR FAMILY ACTIVE AND OUTDOORS THIS SEASON WITH CHIROPRACTIC CARE

Spring isn't always a breath of fresh air. The air can be full of pollens and dust and that is troublesome if you suffer from asthma or hay fever. So how can chiropractic help this?

Asthma and hay fever may raise the sympathetic tone. The sympathetic nervous system is part of our defence, fight and flight, but being on the defensive for weeks on end is both tiring and draining and causes tension.

Compromised breathing may also lock up the ribcage, add to tension and possibly lead to a lower breathing volume. Apart from freeing up stiffness, your chiropractor can help you with breathing techniques and other preventative measures.

Getting Moving

Being physically active is vital to maintaining good health for body, mind and spirit. Let us help you maintain flexibility and mobility. Stiffness and loss of strength can build up in the winter months if we hibernate a bit too much.

You may feel a bit stiff getting back in the pool to do laps again or your golf swing is painful. Stretching is not always the answer to tight muscles.

Tightness and tension may suggest an underlying problem. There may be a 'knot' so to speak between brain and body part. Your Chiro helps free that knot before overloading and damage happen to the tissues.





How much activity?

This naturally depends on your fitness level, attitude and so many other factors.

One hour daily of being physically active seems to be a good standard. If you have walked to and from the train 10-15 minutes morning and night, you're almost covered! That easy.

Ideally, mix intensity though. Walking at a good pace where you can just about maintain a conversation for at least 30 minutes is great.

Walking improves posture, maintains good skeletal structure, lowers blood glucose levels, improves mitochondrial function (= cellular energy machine) all in one.

- ♦ Taking public transport raises our physical activity level by simply walking to and from
- ♦ The Metro in Paris is within 500 meters walk for the vast majority of people
- ♦ A 2019 survey claims that Canberrans are the most physically active people in the country with 87.8% participating at least once weekly in some physical activity such as bush walking
- ♦ In Denmark 9 out of 10 people own a bicycle
- ♦ 45% of Danish school children cycle to school
- ♦ In Copenhagen 49% of all transport is by bike. It is flat country though!

Summer Season Sports:

Children learn a million lessons through being active in sports. The great feeling of moving, learning a new skill, winning & losing and camaraderie to name a few.

Studies tell us, that a positive attitude around junior sport is good for participation as well as staying in sport long term .



Checkup

Our chiro will check your child for readiness for any sport or activity and give advice for how you can help at home.

You almost cannot overdo coordination and balance activities. This starts with our babies. Let's get our babies into the gym and that means the floor! If they don't get enough floor time on their tummies, they struggle so much more with fine and gross motor activities.

Pre-schoolers and older children need time in the backyard, local playground, and walking for their daily activities. Walking on tippy toes, balancing on a line, throwing and catching etc. are all crucial activities that will help prepare them for sports too.