

Check Out Your Posture

During National Chiropractic Care Week – May 24 to 30

This year's National Chiropractic Care Week theme asks: *Which posture are you?* and chiropractors at Hastings Chiropractic & Natural Health will be using the month of May to help patients, old and new, review their posture and identify the posture profile that most matches theirs.

Are you a multi-tasking mum, office worker, active retiree or even an active kid?

Each of these common lifestyles brings with them a range of potentially punishing postures, such as slouching, hunching or twisting, which can take their toll on your spine.

In fact, up to 90 per cent of people have poor posture, which puts extra pressure on the spine and can lead to tension, soreness, headaches, back pain and fatigue.

The good news is that many postural issues can be corrected and sometimes even reversed.

Use National Chiropractic Care Week (May 24 to 30) as a prompt to get in tune with your body and make an appointment at the clinic for a free posture assessment, advice and exercises to help you make the most of your posture.

A free posture health information evening will also be conducted at the clinic on Wednesday, May 26 at 6:30pm. Number will be limited for this talk, so please book early to avoid disappointment.

To organise your National Chiropractic Care Week appointments, call the clinic on 5979 2818 now.

You can also visit the Chiropractors' Association of Australia's new website: www.whatsyourposture.com.au for the low down on common postural problems, including self assessment tools and information on how chiropractic care works to help people maintain a health spine for a healthier life.