

# AV Chiro News: April-May



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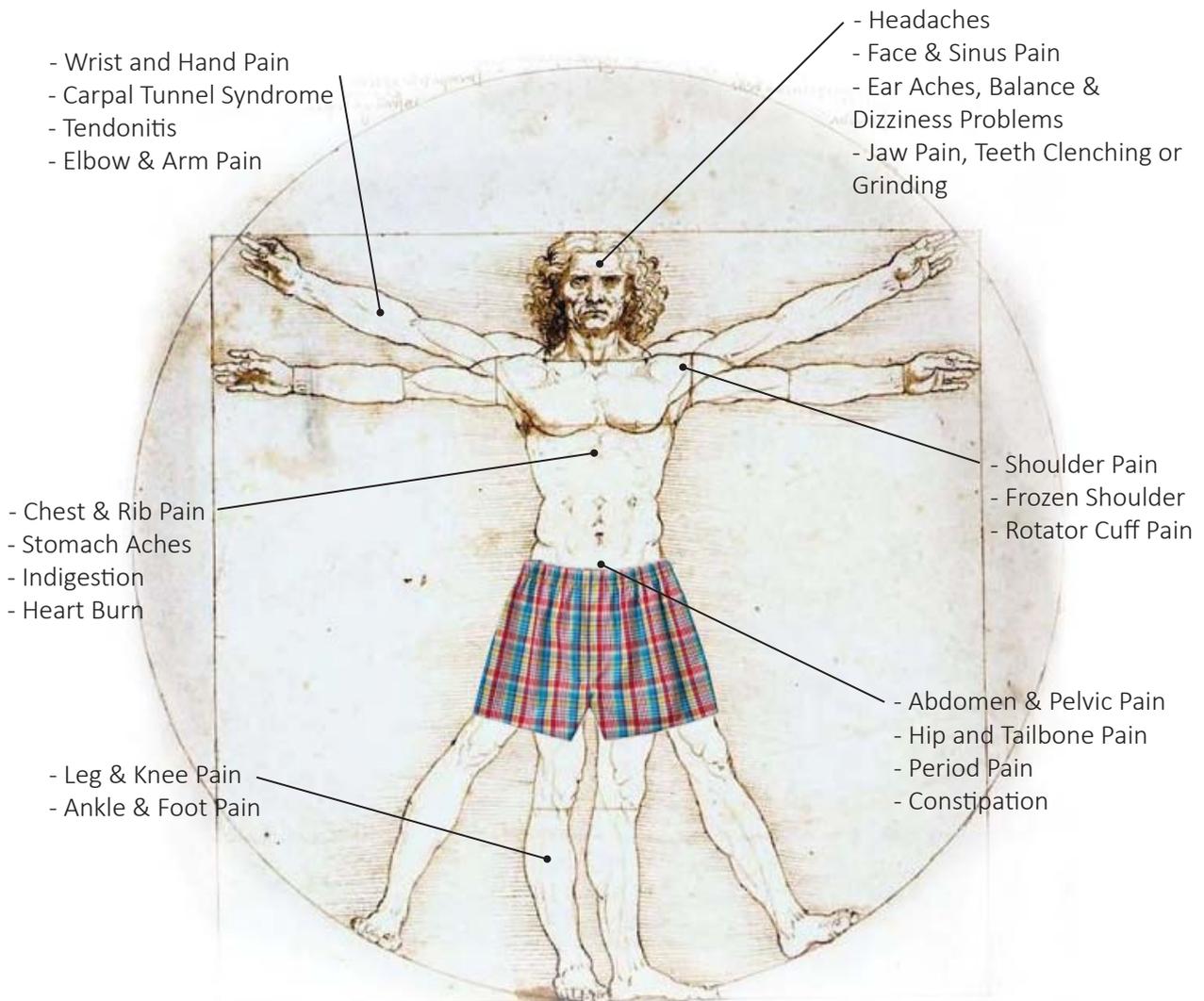
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Search "Andrew Vincent Chiropractic"  

## Did you know...

Chiropractic works by treating the source, not the problem. Below are a few lesser known things that Chiropractic can help. Please let us know if you'd like further information.



Also have a chat to you Chiropractor if you want to know more about posture & back saving exercises, core strength, improving your walking, jogging or even you golf game!



If you have ever left or lost anything at AV Chiro, please let us know! We regularly check the rooms and are most likely to have found it! Our lost and found box is getting full and we would love to reunite you with your lost belongings.



# Jog for your health!

A recently published study of 55 000 adults between the ages of 18 and 100 reported that runners as compared with nonrunners had 30% and 45% lower risk of allcause (generic) and CV (cardiovascular) mortality respectively, with a mean improvement in life expectancy of 3 years.

Maximal cardiovascular longevity benefits were noted with moderate doses of running, that being roughly;

- 10- 20 km (in total) per week or
- 50- 120 minutes (in total) per week or
- 3 times per week

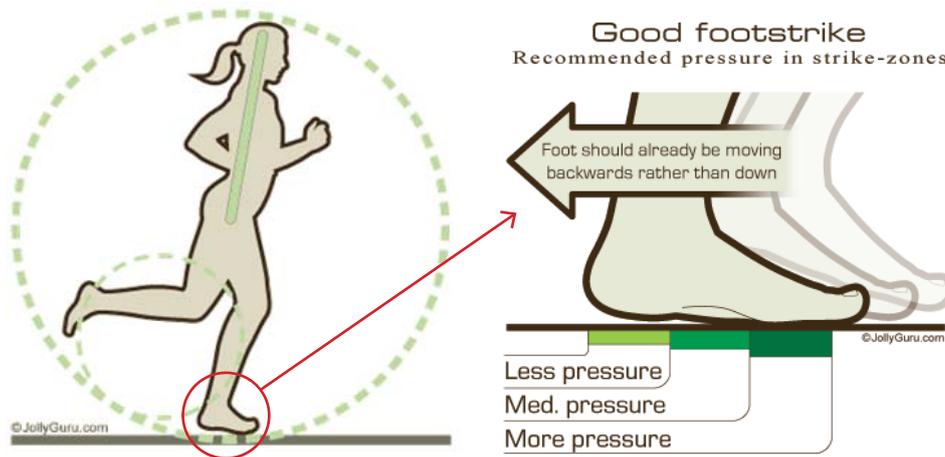
## Unsure if you've got the right running technique?

Here are some pointers to get you started, but ask your chiropractor for more in-depth advice and information-

**Run Tall** - this helps maximise your diaphragm for breathing.

**Don't let your horizon bounce up and down**- this is just wasting energy going up and down when you could be using it to go forward!

**Ensure your foot lands underneath the hips/body** - to do this, your forefoot must land on the ground before or at the same time as your heel.



## If you can't run, just walk!

Some benefits of walking (just 30 brisk minutes per day) are:

- Prevents up to 91% of cases of obesity and type 2 diabetes
- Prevents up to 50% of all cases of heart disease
- Reduced risk of stroke by 30%
- Reduced congestive heart disease deaths by 63%
- Reduced hospital readmission for heart failure patients by 70%
- Restores and maintain normal cholesterol triglyceride levels
- Reduced risk of breast cancer by up to 60%
- Reduced lung cancer, even in smokers, by 72%
- Prevents osteoporosis and increases new bone formation
- Increased strength, flexibility and balance
- Increased immune system function

## STAFF NEWS

ANDREW is excited to welcome two fourth year chiropractic students from Central Queensland University to observe in April.

MARK is heading south to Ballina for a week and a half away after the Easter Rush.

MATT is heading to Mt. Tambourine for a relaxing few days over Easter. He has notified the Easter Bunny of his temporary relocation.

AIDAN is preparing, mentally and physically, for the big 4-0 (40th) in May.

NICK is enjoying shopping for baby clothes in preparation for the imminent arrival.

LOUISE is plodding along at university whilst also learning how to do rosters on Microsoft Excel.

SARSHIA is looking forward to a long weekend away at Coffs Harbour in April.

KARA is looking forward to her university prac coming up in May.

NATASHA gave up cheeseburgers for lent and is already regretting it. Her upcoming road-trip to Sydney is helping her to stay on track.

FELICITY is back from saving wild-life in South America. She has also taken up running and ran her first 10km in 54m 33s at the QUT fun run recently.

ISAAC is back from travelling also and is getting into the swing of uni life again.