

JANUARY-MARCH 2016: **HAPPY NEW YEAR!**



Set Yourself up for Success

- **Avoid the “All-Or-Nothing” mindset.** Opt instead for an incremental approach—research shows that every bit of time spent exercising instead of being sedentary counts (see over for some great tips!)
- **Start with something you enjoy.** This will help you with both motivation and persistence. With time, increase the intensity and frequency of your exercise program.
- **Seek help with getting active.** While particularly important for those with a chronic or complex medical condition, this applies to everyone. Your chiropractor can help you tailor an exercise program so you can better leverage your fresh start!
- **Set a range.** Most of the time we select specific goals for ourselves, but research indicates we are more successful when we select a range for a goal (for example, planning to run 5-10km, or be active for 30-60 minutes a day).
- **Just move.** Our bodies are designed for movement, but our world is built around sitting. The best way to change? Start with standing up.



Measuring Up 2016: This Year, Focus on a Health & Well-being Theme

We set our New Year’s resolutions with the best of intentions - and yet we all know that they almost always notoriously fail to translate into lasting changes. Gym attendance starts to slip come February, and junk food starts to creep back into our diets with Easter.

This year, we encourage you to look more broadly at your overall health and well-being. Recent studies support the idea that the start of a new calendar year motivates people to undertake self-improvement activities; called the ‘fresh start effect’, New Year’s Day represents a temporal landmark that promotes goal pursuit. This is why a New Year’s theme works better than resolutions—a theme enables you to maintain your focus, and provides a more sustainable filter for your habits and plans.



Test Yourself

Get your well-being journey started with these few simple tests, which are designed to give you an overall idea of your current health. For more info and assistance, ask your chiro!

- **Sit & Stand.** Sitting in a chair, see how many times you can stand up and sit back down again without using your arms in 30 seconds. Can’t do 20? See your chiro.
- **Waiter’s Bow.** Stand straight & relaxed. While keeping your stomach in, lean forward from the hips and stoop in a position like a ‘waiter’s bow’; hold for 10 seconds. Sore? See us.
- **Balance.** Try standing balanced on one leg for 30 seconds. Can’t? Come in!





GET YOUR BACK INTO 2016!

Clinic News

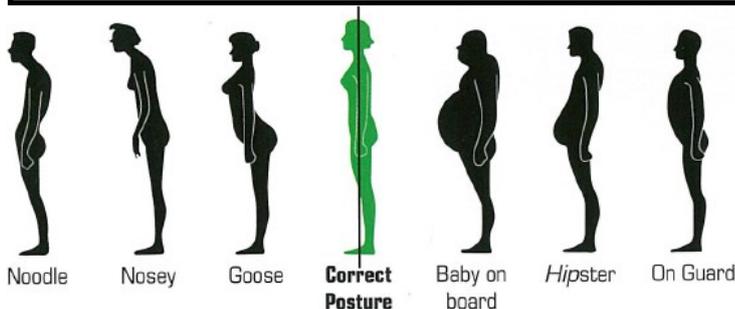
- We would like to extend a very warm welcome to Ashleigh who has joined us as a Chiropractic Assistant!
- Mark will be away for a week towards the end of January.
- Matt will be away over the Easter break.

Book your appointments now!



Did you know...

Back pain is one of the most common reasons for missed work, while poor posture causes over 40% of workers' compensation costs. Have a look below—which posture are you?



Bringing Wellness into the Workplace

When it comes to health and well-being, forget the scales and focus instead on moving more and sitting less! The average person sits 9.3 hours a day, while over 70% of office workers sit at their desks for more than 5 hours a day. Try out these every day activities to inject more movement into your working week;

- **Take the stairs**, wherever possible. For more of a challenge, try taking them two at a time—you'll get a chance to stretch your legs more.
- **Elevated push-ups**. Lean against a wall or a sturdy desk, and slowly push your body off it. Do as many as you can in 30 seconds.
- **Split your lunch break**. Dedicate your time to eating your lunch mindfully, and then take a brisk walk.
- **Roving meetings**. Need to take a long phone-call, or a small meeting? Walk around the block. It boosts your problem solving and creative thinking abilities, as well as your health.
- **Want More ideas?** Ask our chiros!

Fees for 2016

There will not be any fee increases at this stage. However, for third party payments such as EPC (Medicare) and Workcover there will be a gap payment applicable to meet our regular fees. For more information, please ask one of our staff members.

STAFF NEWS

Andrew is now a 'vegetable rancher', and regularly patrols the perimeters of his 3m2 veggie garden for targets (including the neighbour's cat)

Mark is looking forward to a week in Mooloolaba

Aidan and his beard are back in town!

Matt is off to the Australian Open Tennis Championships later this month.

Louise has signed up for a six week sailing course, and is looking forward to it!

Nick's baby son Maximus has started teething (if anyone has any advice, please let him know)

Kara had a very relaxing Christmas in Newcastle, and is looking forward to the new year.

Kate was in Europe when this newsletter went to print—we all hope she's having a ball!

Libby is gearing up for the 2016 Annual Twilight Running Festival

Ashleigh has started training for triathlons

Eli is busily preparing for his auditions with the Melbourne Symphony Orchestra in February

We understand that there are emergencies at times, but we appreciate 24 hours cancellation