

May 2012 Newsletter



Do you spend most of your day sitting, whether it's at work, in the car, on public transport, or watching TV? Well, you're not alone. Australia is a nation of 'sitters' and it's starting to take its toll on our health.

As part of Spinal Health Week 2012, Kennedy Chiropractic Clinic will be encouraging patients to prioritise their spinal health by sitting less and moving more. *Sit Right*, a national initiative that aims to encourage Australians to take note of the potentially dire health consequences from prolonged sitting.

Australians are spending more time than ever sitting which not only causes spinal damage, but increases the risk of disease and even death. *Sit Right* focuses on the dangers of long-term sitting, especially for office workers, and offers solutions for common 'sitting sins.' So why not improve your health simply by standing up and moving around more? It's also important you take regular breaks from sitting to stretch, stand, change or correct your posture or walk around your office.

And while you are sitting, here are a few things to remember:

- Keep your hips, elbows and knees at open angles (slightly more than 90 degrees)
- Recline slightly to ease lower back pressure
- Ensure your feet are flat on the floor or on a footrest
- Position the centre of your computer screen at eye level and tilt the monitor upwards slightly
- Only use wrist rests while resting, not while typing

An active spine is a healthy spine and a healthy spine leads to a healthier life. Why not use Spinal Health Week to make an appointment with our clinic to assess your spinal health and discuss how being more active will improve your wellbeing?

April Roundup -Easter



Most mornings I like to spend a few minutes reviewing the things I like to bring into my life.

One particular thing is to speak no evil about anyone. The other day I was speaking to a friend about a person with whom I was having a problem (no, definitely not a chiropractic patient). I used the term "pain in the ----",

Would you believe that my friend replied, "Yes, I know him well." ? Of course, I tried to retract my comment. It didn't work did it? All this goes to prove the truism that, what we send out comes back to us. I was taught as a child to say nothing if you cannot say something nice. I hope that I have finally learned the lesson.

- Dr Hart

And the winner is...

Leigh - with 149!

We are impressed with how fast he managed to get to the office to collect the bounty!

Colouring in competition

Hi Kids!

For Spinal health week we are asking you to colour in our chair.

Please put your name and age on the page then we will hang it on the wall.

Big kids can draw someone sitting on the chair :)

Winner will be randomly picked



Office Update

Dr Hart

Dr Hart, back from his trip to Perth – then decided to make a fast trip to Bathurst for the motorbikes over Easter. (an annual trek). He has now unpacked his bikes to stay put for a while.

Dr Hart works every week Mondays & Thursdays.

Dr Tracy

It would seem that April and May are times for meetings. Thankfully most of the trips are close to home (Sydney, Melbourne, Adelaide ☺). Glen & Tracy did manage to have a short holiday at the Barrier Reef in April – just to keep life balanced.

May is traditionally Chiropractic Care week and you may remember some of the antics from years gone by. This year the change is to “Spinal Health Week” to be more inclusive. “Sit Right” is the theme for the year and we will be checking your posture.

Dr Tracy works Tuesday, Wednesday, Friday & Saturday. Every second Friday evening, Drs Chantal and Tracy work late providing times for families to come in.

Dr Chan

Dr Chan has finally taken the plunge & enrolled in Nutritional Medicine degree (part time). She is very excited to be able to integrate the Anti-aging medicine with this

and eventually begin helping patients in another dimension. Dr Chan has also been training on the bike for a 160km ride in Noosa (Noosa Century ride) during May. Dr Chan works Friday and every other Saturday.

Dr Meghan

This month Dr Meghan is off to Brisbane to do another childrens seminar. This seminar focuses on learning and behavioral challenges in children. Very interesting! Her own kiddies are travelling along well. Arthur is sporting two teeth and chomping well. Claire is excited about starting ballet this term. Hopefully no major injuries in this age group. She is also looking forward to mother's day and has left some very big hints about a lovely pedicure. Dr Meghan is available Wednesday and Friday afternoons as well as every second Saturday.

Dr Sandie

Dr Sandie has recently been for a drive to Coonamble to see her sister Emma (Emma used to work here at the office). She had a lovely quiet Easter and also had a lovely weekend at the polocrosse nationals at Warwick. In May Dr Sandie is looking forward to assessing everyone to “Sit right” for our Healthy Spines week.

Dr Sandie works Monday to Thursday every week.

Kathryn

Stretching Helps: Recently I visited a friend

whose house had a sixteen step staircase leading to my bedroom. After a week of going up and down the stairs I found muscles in my legs that I had forgotten were even there. It was then that I realized stretching each day would have been a good idea. It is amazing how our bodies are always telling us what is needed. If only I would learn to listen.

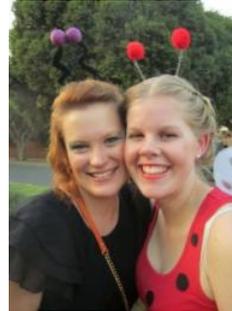
Chiropractic students:

Kirstie

Kirstie is truly into the best part of study. She has been working with patients and is studying SOT (the low force technique we use here in the office). If you know anyone in Melbourne she is always looking for people to attend student clinic.

Ellen & Lucy

Do the antics ever end?



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Do you want to save a tree?

We are sending our newsletter by email – if you specifically want us to mail one, please advise reception.

We only use emails at the office for newsletters and individual communication.

We do not share your address with anyone else because we know how annoying it is to get spam.

If you would like us to remove you from our newsletter list email us at newsletter@kennedychiro.com



Dr Chan, Patagonia Queen – Toowoomba woman saving the planet - Chronicle Style Magazine April 2012

We're on the Web!
www.kennedychiro.com
or follow us on [facebook](https://www.facebook.com/kennedychiro)

Office Calendar May & June 2012

| Monday 8am-12pm 2pm-4:30pm | Tuesday 9am-12pm 2pm-6pm | Wednesday 8am –12pm 2pm –5pm | Thursday 8am-12pm 2pm-4:30pm | Friday 8am-12pm 2pm-6pm | Saturday 8am-11:30 |
|--|---------------------------------------|--|---|---|-------------------------------|
| May | | | | | |
| | 1 Dr Tracy Dr Sandie | 2 Dr Tracy Dr Meghan Dr Sandie | 3 Dr Hart Dr Sandie | 4 Dr Tracy Dr Chantal Dr Meghan | 5 Dr Tracy |
| 7 Labor Day Holiday Closed | 8 Dr Tracy Dr Sandie | 9 Dr Tracy Dr Meghan Dr Sandie | 10 Dr Hart Dr Sandie | 11 Dr Chantal Dr Meghan Dr Sandie Until 7:30pm | 12 Dr Chantal Dr Sandie |
| 14 Dr Hart Dr Sandie | 15 Dr Tracy Dr Sandie | 16 Dr Tracy Dr Meghan Dr Sandie | 17 Dr Hart Dr Sandie | 18 Dr Tracy Dr Chantal Dr Meghan | 19 Dr Tracy Dr Meghan |
| "Sit Right" - Spinal Health Week 21st to 26th May | | | | | |
| 21 Dr Hart Dr Sandie | 22 Dr Tracy Dr Sandie | 23 Dr Tracy Dr Sandie | 24 Dr Hart Dr Sandie | 25 Dr Tracy Dr Chantal Dr Meghan Until 7:30pm | 26 Dr Chantal Dr Tracy |
| 28 Dr Hart Dr Sandie | 29 Dr Tracy Dr Sandie | 30 Dr Tracy Dr Meghan Dr Sandie | 31 Dr Hart Dr Sandie | | |
| June | | | | | |
| | | | | 1 Dr Tracy Dr Chantal Dr Meghan | 2 Dr Chantal Dr Meghan |
| 4 Dr Hart Dr Sandie | 5 Dr Tracy Dr Sandie | 6 Dr Tracy Dr Meghan Dr Sandie | 7 Dr Hart Dr Sandie | 8 Dr Tracy Dr Chantal Dr Meghan Until 7:30pm | 9 Dr Chantal Dr Tracy |
| 11 Queen's Birthday | 12 Dr Tracy Dr Sandie | 13 Dr Tracy Dr Meghan Dr Sandie | 14 Dr Hart Dr Sandie | 15 Dr Chan Dr Meghan Dr Sandie | 16 Dr Chantal Dr Meghan |
| 18 Dr Hart Dr Sandie | 19 Dr Chantal Dr Sandie | 20 Dr Chantal Dr Meghan Dr Sandie | 21 Dr Hart Dr Sandie | 22 Dr Tracy Dr Chantal Dr Meghan Dr Sandie Until 7:30pm | 23 Dr Chantal Dr Tracy |
| 25 Dr Hart Dr Tracy | 26 Dr Tracy Dr Chan | 27 Dr Tracy Dr Meghan Dr Chan | 28 Dr Hart Dr Tracy | 29 Dr Tracy Dr Chantal Dr Meghan | 30 Dr Tracy Dr Meghan |

The office will be open later on alternate Fridays until 7:30pm.