

# May 2014 Newsletter



**Live Better, We've Got Your Back**, a national initiative of the Chiropractic Association Australia that aims to encourage Australians to support more investment in Chiropractic care and research.

The population is living longer, so let's live better. Over a quarter of Australians are being forced into early retirement because of back or arthritic pain. Chronic back pain is one of the top three causes of disability in Australia. Forced early retirement can be devastating not only on your finances but the quality of your retirement years from experiencing physical pain. Retiring too early due to pain may be prevented by seeing a chiropractor and maintaining good postural fitness.

Postural fitness can prevent problems that may occur in your muscles, joints and ligaments, and it can also prevent potential injury. We can restore and maintain healthy spinal joints and mobility with chiropractic check-ups.

There are ways to improve our spinal health, such as avoiding sitting down for too long and sitting correctly. By using proper techniques when bending or lifting, you can avoid damage to your spine.

To help improve postural fitness, people can pick an exercise plan that strengthens their core muscles such as Pilates, yoga, walking or swimming. Around the workplace, people should consider new ways to combat the problems from sitting down for too long. Small changes that you can make to improve your postural fitness and limit time spent sitting include:

- Parking further away from work
- Taking the stairs
- Stand up while talking on the phone for long periods
- Remember to take regular breaks from sitting, and stretch or walk around
- Introduce walking meetings instead of sitting around a table
- Try a stand sit chair
- Remember to check and adjust your sitting posture regularly

Chiropractors often get asked how to sit right at a computer desk. So the CAA developed a widget you can download ([www.sitright.com.au](http://www.sitright.com.au)) to guide you.

At home it's important for everyone to be aware of their posture, especially children. While playing video games, reading or watching TV, children tend to sit with their head and chin forward which jams the top part of the neck joints. Symptoms of prolonged screen time include visual impairment, headaches and a variety of physical pains including low back pain and repetitive strain. Children are four and a half times more likely to have a daily TV habit than a daily physical habit.

- The longer children sit, the harder it is for them to hold themselves up properly
- Games that get kids out of their seats and moving around are the best types of games
- For non-motion games, regardless of whether it is a hand-held device such as a Nintendo DS or an iPad/tablet or mobile phone, parents and kids should make sure that time limits are set for a movement break and a good stretch

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 to assess your postural and discuss how being more active will improve your wellbeing. To improve your postural fitness and to start living better, contact us for an appointment or reassessment today.



You can also visit the Chiropractors' Association of Australia's (CAA) Sit Right website for tips on how to improve your posture or download the Sit Right widget to remind you when to take a break when sitting [www.sitright.com.au](http://www.sitright.com.au)

## What happened in April?

Easter



Miss Sophie won the choccy eggs



ANZAC Day



Dr Chan looking for Puma

We're on the Web!

[www.kennedychiro.com](http://www.kennedychiro.com)

or follow us on facebook

<https://www.facebook.com/KennedyChiropractic>

## Staff Update

**Dr Hart**

Dr Hart spent Easter growing a beard. During a motorbike ride to Victoria it rained fairly hard and continually. It was helpful to have a layer of protection against the sting of raindrops. He likes the time saved shaving too. He took the new 3 wheeled "spyder" motorbike on the usual Bathurst run and was happy to catch up with old friends and old motorbikes.

Dr Hart would like to thank everyone for the 50<sup>th</sup> Celebration best wishes.

Dr Hart is back on track from May and will continue with his usual Mondays & Thursdays.

**Dr Chan**

Dr Chan is in a remote part of Argentina called Punta Norte photographing Orca. Though, she has not seen or photographed any attacks yet. Often there can be days of waiting for orca from sunrise to sunset. So with only 10 more days left, she hopes to photograph at least one good attack. In company of old friends, BBC film crew & a famous Nat Geo photographer, Chan is feeling very inspired & having a lot of fun!! Dr Chan will return mid June

**Dr Sandie**

April was a lovely month for Dr Sandie with Easter holidays, catching up with friends and family. She also made a trip down to Armidale for the first time, during her week off. May will see Dr Sandie covering for Dr Chan on Saturdays so most likely the excitement will be meeting and adjusting Dr Chan's lovely patients.

Dr Sandie will be working Mondays to Thursdays and Saturday mornings.

**Sue**

Sue has had a very busy few days helping her daughter Joanna pack up and get ready to leave for her new job in Belgium early in May. She will be happy to come back to work for a rest.

**Vicki**

Heartfelt appreciation from Vicki for her opportunity to work within KCC, and to continue work within the health and wellness industry. Working for and with beautiful people helping to coordinate chiropractic care to achieve ongoing health and wellbeing, and retaining connections with patients who were customers at the Organic Food Market for years - hugs to you all and thankyou.

**Dr Tracy**

Does anyone feel like life is busy? We have had the 50th anniversary, the kids hop in for school holidays adjusting day, show holiday, Easter and Anzac day and no wonder the year feels like 2014 is flying by. Keep in mind you might need an extra tune up just to keep pace with the things you want to do in life. Dr Tracy attended the student opening of the CQUniversity in April and met many of the 44 students there. Cara is in the initial class in Brisbane and Lisa in the preparation class ready to start next year. We all wish them well. We are missing Dr Chan but she is sending updates and we look forward to her photos of the Orca & Puma. Dr Tracy is keenly looking forward to May and Spinal Health week (18 - 24th may) and will be working extra the weeks of May the 4th and 18th.

**Dr Meghan**

Dr Meghan and her family enjoyed a quick getaway to the beach in April then home for Easter to tackle some big outside jobs around the house. It did mean lots of burning of sticks and marshmallows round the fire in the evenings.

After the April public holidays Dr Meghan will continue with her Fridays and the occasional extra day while Dr Chan is away.

**Dr Kirstie**

Dr Kirstie had a busy April. She had a weekend picking and crushing grapes in the Adelaide Hills. Easter was a quiet one with the family. then Dr Kirstie took a short holiday break to Fiji early June for a bit of sun, rest and relaxation. "Bula" is hello in Fiji and it is wonderful to be greeted with such a fun word and a face full of smiley white teeth. When she returns to Toowoomba it is back to the usual good habits like watering the veggie patch and watching the carrots grow.

Dr Kirstie works Mondays, Tuesdays, Wednesdays and Saturdays.

**Natalie**

Natalie can't believe how fast this year is going... She had a special Anzac Day and stood with her son and an old 'best mate' from the Air force days, at the Currumbin Dawn Service. A very moving experience, surrounded by 20, 000 people all reflecting on the sacrifices of our diggers.

**Kaitlin**

Kaitlin has just recently joined the team here at Kennedy Chiropractic, and is enjoying every minute of it! She began chiropractic care at the age of 13, and it has tremendously helped her since then. Kaitlin is currently completing Year 12, and has several hobbies including playing piano and reading novels in her spare time. She also spends much of her time involved in ministries at her church. Kaitlin has thoroughly enjoyed meeting everyone so far at KCC.



## Kennedy Chiropractic Centre Calendar and hours

### May 2014

Monday 8am-12pm 2pm-5:00pm	Tuesday 7:30am-11am 2pm-6:30pm	Wednesday 8am – 12pm 2pm – 6pm	Thursday 8am-12pm 2pm-5pm	Friday 7:30am-12pm 2pm-6:30pm	Saturday 8am-12pm
			<b>1</b> Dr Hart Dr Sandie	<b>2</b> Dr Meghan Dr Sandie Dr Tracy	<b>3</b> Dr Tracy Dr Sandie
<b>5</b> Dr Hart Dr Sandie	<b>6</b> Dr Sandie Dr Kirstie Dr Tracy	<b>7</b> Dr Sandie Dr Kirstie Dr Tracy <b>HHH Class</b>	<b>8</b> Dr Hart Dr Sandie Dr Kirstie	<b>9</b> Dr Meghan Dr Kirstie Dr Tracy	<b>10</b> Dr Tracy Dr Sandie Dr Kirstie
<b>12</b> Dr Hart Dr Sandie Dr Kirstie	<b>13</b> Dr Sandie Dr Kirstie	<b>14</b> Dr Sandie Dr Kirstie	<b>15</b> Dr Hart Dr Sandie Dr Kirstie	<b>16</b> Dr Meghan Dr Kirstie Dr Tracy	<b>17</b> Dr Tracy Dr Sandie Dr Kirstie
<b>Spinal Health Week – Live better, we’ve got your back! 19<sup>th</sup> to 24<sup>th</sup> May</b>					
<b>19</b> Dr Hart Dr Sandie Dr Kirstie	<b>20</b> Dr Sandie Dr Kirstie Dr Tracy <b>HHH Class</b>	<b>21</b> Dr Sandie Dr Kirstie Dr Tracy	<b>22</b> Dr Hart Dr Sandie Dr Kirstie	<b>23</b> Dr Meghan Dr Kirstie Dr Tracy	<b>24</b> Dr Tracy Dr Sandie Dr Kirstie
<b>26</b> Dr Hart Dr Sandie Dr Kirstie	<b>27</b> Dr Sandie Dr Kirstie	<b>28</b> Dr Sandie Dr Kirstie	<b>29</b> Dr Hart Dr Sandie Dr Kirstie	<b>30</b> Dr Meghan Dr Kirstie	<b>31</b> Dr Tracy Dr Sandie Dr Kirstie

### June 2014

<b>2</b> Dr Hart Dr Sandie Dr Kirstie	<b>3</b> Dr Sandie Dr Kirstie Dr Tracy	<b>4</b> Dr Sandie Dr Kirstie Dr Tracy <b>HHH Class</b>	<b>5</b> Dr Hart Dr Sandie Dr Kirstie	<b>6</b> Dr Meghan Dr Kirstie Dr Tracy	<b>7</b> Dr Tracy Dr Sandie Dr Kirstie
<b>9</b> <b>QUEEN'S BIRTHDAY</b>	<b>10</b> Dr Sandie Dr Kirstie Dr Tracy	<b>11</b> Dr Sandie Dr Kirstie Dr Tracy	<b>12</b> Dr Hart Dr Kirstie Dr Tracy	<b>13</b> Dr Meghan Dr Kirstie Dr Tracy	<b>14</b> Dr Kirstie Dr Meghan
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