

The Curse of the “Weekend Warrior”

Let's face it we take our bodies for granted, we think we are invincible. Most of us have the mentality “If it ain't broke then don't fix it”. The problem with this is that our bodies are not designed to withstand many of the things we subject them to. So now is the time to throw that mentality away and focus on one word: Prevention.

QUESTION: “Why did my back “go out” when I was only bending down to pick up a pen”?

ANSWER:

The answer is simple, the bending down did not cause the body to “go out” it was in fact the body's dysfunction. So how can I optimize my body's function I hear you ask see my hints below:

- Value exercise in your life and stop taking it for advantage. Exercise is something that should be undertaken every DAY!! Whether that be walking to the shops instead of driving or jogging around your neighbourhood. There is no excuse for you not to include some form of exercise in your life. If you find it hard to get motivated then get someone on board, schedule a time that works for you both and commit to it!
- Stretch! You've heard it before but it is so important. Muscles need to be stretched both before and after exercise. If you are unfamiliar with how to stretch please don't hesitate to ask one of our practitioners as we are more than happy to assist and answer your questions.
- Hydrate!!! Again this is so important. Too many of us don't drink enough water! Try to drink at least 1-2 litres per day!
- Take the correct supplements. Make sure you aren't just taking supplements for the sake of taking something, again ask one of our practitioners for advice on what you should be taking.
- And last but not least, See your chiropractor! We can help optimize your body's function and help it cope with what your life throws at it. Remember the key is prevention. You should not simply think that injury is the only time you need to see us, everyone needs regular chiropractic care to keep our bodies working effectively. So call us today!

Stay healthy everyone,

Look forward to seeing you all very soon!

Olivia