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For Immediate Release

Top Tips to Get Your Happy Back this Australia Day!

No matter how you plan to celebrate Australia Day, make sure you don't spoil the occasion by putting your back out. Chiropractor and Deputy President of the Chiropractors' Association of Australia, Dr Andrew Lawrence, reminds Australians to stay active with the following tips:

Dr Lawrence said, "Take advantage of your extra free time to go for a walk, or run around and play with your kids. Prolonged sitting can affect your postural health – even when you exercise regularly. When you sit for too long and too often, the natural curve in your back deteriorates, increasing pressure in your spine and weakening your back's core stabilising muscles."

He added, "To get up and go for a walk is a fantastic way to boost your activity levels and improve posture. Regular walking will also build up your core strength. Core strength is an important part of maintaining good posture and will help you to maintain better posture during your other daily activities."

Dr Lawrence also had some great tips for those Aussies planning to go travelling this Australia Day to help Australians enjoy their time away:

- 1 Take regular stretch breaks at least every one to two hours
- 2 Tuck in your chin & roll your shoulders back every hour to loosen tight muscles
- 3 Use back support, such as a small, rolled towel. Alternate behind the back & then between the shoulders.
- 4 Sit upright with your head back before setting the position of your mirrors. This will remind you not to slouch.
- 5 Stay well hydrated, sip water often.
- 6 Pillows are light, so take a supportive pillow strapped to your case.
- 7 Put your seat upright & ensure your tailbone is as far back in the seat as it can be, with shoulders and head as supported as possible by the seat.

For a posture assessment, advice on how to maintain a healthy spine or to make an appointment, contact your local CAA Chiropractor via the Locate A Chiropractor website: www.locateachiropractor.com.au.

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The Chiropractors' Association of Australia

The Chiropractors' Association of Australia (National) Limited (CAA) is the peak body representing chiropractors. An underlying principle of chiropractic is "healthy spine, healthier life". By offering expert, drug-free spinal health care and lifestyle advice, chiropractors help Australians lead and maintain healthy lives. With nearly 3,000 members, the CAA is the largest chiropractic health body in Australia, and coordinates its efforts with its eight autonomous CAA state and territory organisations.

Visit: www.chiropractors.asn.au for more information