



15 October 2019

## 'Get Spine Active' this World Spine Day

*Wednesday 16 October 2019 is World Spine Day*

With 56% of the population not sufficiently physically active, Australians are being encouraged to 'Get Spine Active' and take control of their spinal health this World Spine Day. Held annually on 16 October, World Spine Day aims to raise awareness of the impact of spinal disorders on a global scale.

An initiative of the Global Alliance for Musculoskeletal Health, this year's theme is 'Get Spine Active' and President of the Australian Chiropractors Association, Dr Anthony Coxon, believes there is no better time to spread this important message.

*"Being physically active can greatly help your spinal health by strengthening your muscles and easing the pressure on your spine. Good posture also plays an integral role in optimal spinal health, as it allows the spine to be correctly aligned and reduces the amount of strain on the body,"* Dr Coxon said.

'Get Spine Active' will focus on common physical activities including running, swimming, weightlifting and cycling, with the aim of encouraging all Australians to incorporate one of these activities or other healthy habits into their everyday lives.

Other forms of physical activity can include stretching, walking and taking small breaks during your workday. To help Australians get started on improving their spinal health, the ACA has developed the Straighten Up app designed to help improve posture, with a 3-minute stretching exercise program.

Earlier this year we launched a redeveloped Just Start Walking app to better help encourage Australians to experience the benefits of walking, allowing users to track and map their walks so they can monitor their progress and improvement.

*"World Spine Day is a perfect opportunity to really ask yourself, 'am I making the right choices for my spinal health?' If not, then it's time to make those changes and if needed, seek professional help to get you started,"* said Dr Coxon.

As healthcare professionals who are trained to assess and manage disorders of the musculoskeletal system, chiropractors are well-placed to offer solutions and lifestyle advice regarding spinal health issues.

*World Spine Day is an initiative of the Global Alliance for Musculoskeletal Health and is proudly supported by the Australian Chiropractors Association (ACA), the peak body representing chiropractors. For more information visit [www.worldspineday.org.au](http://www.worldspineday.org.au)*

– ENDS –

**Media Contact:** Ariel Tate | 02 8844 0400 | 0423 639 993 | [ariel.tate@chiro.org.au](mailto:ariel.tate@chiro.org.au)