



13 December 2020

12 days of Christmas for your spinal health

Christmas is only 12 days away! With all the hustle and bustle of the end of year festivities it can be easy to put your spinal health and wellbeing last in line. For the next 12 days leading up to Christmas why not try and implement these healthy habits and give your spine a gift of love this festive season!

If you can do more than one of these in a day then great work! But use the daily guide as a reminder to be kind to your spine this Christmas!

12 Days: Straighten Up - Start off the 12 day countdown by completing the 3-minute stretching program on the [Straighten Up app](#)! Set the health reminders in the app as well so you can stay on top of your health and wellbeing this festive season.

11 Days: Phone Break - For today, why not try and give yourself a little break from technology and the dreaded [text neck](#) by trying not to look at your phone for the whole day!

10 Days: Brisk Walking - Celebrate 10 days till Christmas by going for a brisk 30-minute walk and tracking it with the [Just Start Walking app](#).

9 Days: Consider a Chiro - Why not consider an ACA chiropractor this festive season! They can provide you tailored and appropriate care to get to help improve your spinal health. Read more about Considering an ACA chiropractor [here](#).

8 Days: Sleep Right - Easier said than done with all the excitement around this time of year but try and get a good night's sleep by sleeping on either your back or side. Read more about how to sleep right [here](#).

7 Days: Eat Right - December is full of celebrations so be sure to enjoy a balanced diet, while occasionally treating yourself leading up to Christmas!

6 Days: Brisk Walk - Head for another [brisk walk](#) today! This time of year is all about spending time with loved ones so head out on a walk and catch up with friends you haven't seen in a while!

5 Days: Phone Break - Time for another mini technology detox! Your body and mind might thank you for it, so put the phone down and enjoy some face-to-face social catch ups where possible.

4 Days: Sleep Right - Give your body an early present by trying your best to get at least 7 hours of sleep tonight! Be sure to keep your [posture in mind](#) while you enjoy some well-deserved slumber too.

3 Days: Straighten Up - Gift yourself a spare 3-minutes today to complete the [Straighten Up](#) exercises and get your body ready for the big day coming up soon!

2 Days: Take Breaks - With all the hustle and bustle that is two days before Christmas, don't forget to put yourself first by making sure you take plenty of breaks throughout the day, staying hydrated, lifting correctly and take some time out for yourself.

1 Day: Brisk Walk - With only one day to go, take some time out of your day to get some much-needed steps in, which will not only benefit your spinal health but your overall wellbeing!

If the Christmas season does seem to be taking a toll on your spinal health then don't forget to consider an ACA chiropractor as part of your action plan on pain! They can also provide you with lifestyle advice to help improve your spinal health and overall wellbeing.

Find your local ACA chiropractor by visiting findachiro.org.au

– ENDS –

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