



# CHIROPRACTIC FIRST

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## CHIROPRACTORS



### Dr Esyltt Graham

B.App.Sc(Chiro) M.Sc.Chiro(Paeds)  
Paediatric Chiropractor (AICE 2022)

### Dr Aleta Elliott

B.Chiro

## OFFICE STAFF

Maggie Sturges (Chiropractic Assistant)  
Sally Horsley (Chiropractic Assistant)  
Ruth Kenyon (Chiropractic Assistant)

## OFFICE HOURS

### Monday

9:00am–12:30pm 2:30pm–6:30pm

### Tuesday

2:30pm–6:30pm

### Wednesday

9:00am–12:30pm 2:30pm–6:00pm

### Thursday

8:15am–12:00pm 2:00pm–6:00pm

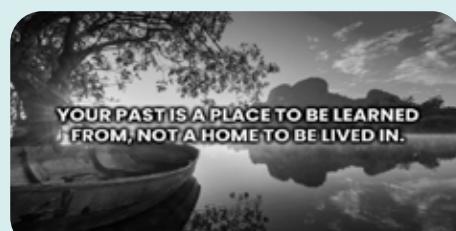
### Friday

9:00am–12:00pm 2:00pm–5:00pm

### Saturday (once a month)

9:00am–12:00pm

## ONLINE BOOKINGS now available



# YOUR CHIROPRACTOR

JANUARY/FEBRUARY 2026



TRAVEL  
WITHOUT ACHEs



SMART SUMMER  
EATING



POSTURE  
TIPS FOR KIDS



SAFE  
STRETCHING

## Are you moving enough? Tips to stay active

We all know exercise is important, but how much is enough? And what type is best? Here are some simple, practical tips to help you stay active and healthy.

### Why movement matters

Regular physical activity is essential for overall well-being. The more you move, the greater the potential benefits for your body and mind. Being active may help:

- lower the risk of heart disease and type 2 diabetes
- improve blood pressure, cholesterol, and blood sugar levels
- lower the risk of some cancers and support recovery
- maintain a healthy metabolism and weight
- strengthen muscles and bones
- improve mental health and reduce stress.

As we age, metabolism naturally slows due to a combination of muscle loss, hormonal changes, and lifestyle factors. This means we burn fewer kilojoules, even when doing the same activities as before. Regular activity and strength-building exercises become increasingly important for maintaining muscle, bone density and general health.

### How much exercise is enough?

Everyone's activity needs are different, and factors like age, health, and fitness level all play a part. In general, adults under 64 are encouraged to be active most days and include a mix of aerobic exercise, strength training and stretching throughout the week. Adults over 64 also benefit from daily moderate physical activity, strength exercises and gentle balance and flexibility work to help maintain mobility and stability.

Aerobic movement can include moderate activities such as brisk walking, swimming, cycling, gardening, or structured workouts. Vigorous activities — like running or stair climbing — offer an added challenge for those who are comfortable with them.

No matter your age, it's important to break up long periods of sitting by standing, stretching, or taking short walks.

### Tips to stay active every day

Long breaks from exercise can reduce fitness levels, so it helps to keep activity regular. It doesn't need to be complicated — try these simple ideas:

• **Start small and stay consistent.** Short sessions build the habit. Add time or intensity gradually, consistency matters more than intensity in the early stages.

• **Set challenges to stay motivated.**

Track your progress, aim for new personal bests, or try slightly harder routes or strengthening as you improve.

• **Mix up your routine.** Switch between easier and harder days and vary activities to stay interested, lower your injury risk, and get a well-rounded workout.

• **Choose activities you enjoy.**

Whether it's dancing, hiking, or swimming, doing what you love makes it easier to stick with it. Music or podcasts while exercising can help keep you engaged.

• **Move with others.** Joining a walking group, sports club, or fitness class can make exercise more enjoyable and motivating.

If you're unsure how to stay active safely, or need ideas that suit your health and mobility, we can guide you based on your individual needs.



Our newsletter is free - please take a copy with you

# Keeping the kilos off: simple summer strategies

Summer holidays are filled with celebrations and delicious food. Between barbecues, festive gatherings, and relaxed catch-ups, extra kilos can creep up on you. But maintaining a healthy weight doesn't mean missing out. These simple steps will help you enjoy summer and protect your waistline.

## Prioritise protein

Protein helps you feel full and keeps hunger in check — plus your body uses extra energy just to digest it!

Include a source of protein in every meal and snack, such as lean meat, fish, eggs, tofu, legumes, yoghurt, nuts, and seeds. Keep portions moderate rather than large to avoid extra calories.

## Feeling full with fibre

Fibre is wonderful for weight management, it slows digestion and helps you feel full for longer. Fill up with vegetables, salads, fresh fruit, beans, wholegrains, nuts, and seeds to stay nourished and satisfied.

## Sip smartly

Alcohol has no nutritional value and adds calories without satisfying hunger. Festive alcoholic drinks can add up quickly, so sip slowly and alternate with water. Avoid drinking on an empty stomach and choose lower-calorie options such as wine spritzer and light beer.

## Don't ditch dinner

Skipping meals — especially dinner — often leads to overeating later. Stick to regular meals with a balanced mix of protein, carbohydrates, and healthy fats.

## Moving matters

Activity burns calories, improves mood, and helps your body use energy efficiently. Even a short walk can curb cravings. You don't need intense workouts — just aim for plenty of movement every day. A 30-minute walk, swim, gardening, or even housework all counts.

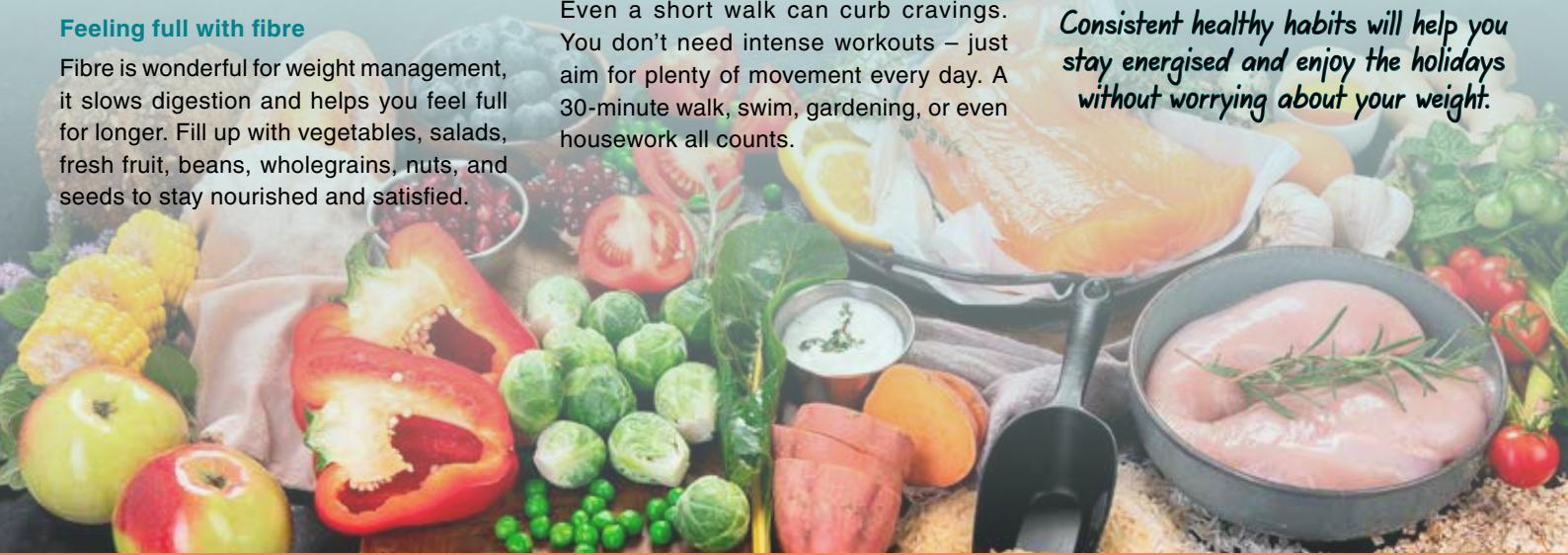
## Socialise sensibly

Consider your choices carefully when dining out. Choose dishes with plenty of vegetables or salad and lean protein, and go easy on high-calorie extras like rich sauces or desserts. This approach boosts nutrition, controls portion sizes, and helps prevent impulsive eating.

## Sleep sensibly

Poor sleep increases appetite by raising the hunger hormone ghrelin and lowering leptin, which signals fullness. When you're tired, your body wants extra energy, often from high-calorie foods. Aim for 7–8 hours of sleep each night and keep bed times consistent, even during holidays.

*Consistent healthy habits will help you stay energised and enjoy the holidays without worrying about your weight.*



## WORD SEARCH PUZZLE

ACTIVITY	MUSCLE
ALIGNMENT	NECK
BACK	NUTRITION
BACKPACK	POSTURE
CHOLESTEROL	PROTEIN
CIRCULATION	SALAD
CORE	SHOULDERS
DIABETES	SLOUCHING
FATIGUE	SPINE
FIBRE	STRENGTH
HIPS	STRESS
INFLAMMATION	STRETCH
LUMBAR	TENSION
METABOLISM	VEGETABLES
MOVEMENT	WALKING

W	V	A	L	I	G	N	M	E	N	T	G	C	M
N	F	N	M	O	V	E	M	E	N	T	I	O	E
S	O	O	C	N	N	B	R	L	X	R	S	G	T
H	E	I	A	H	A	O	U	O	C	C	T	N	A
O	R	T	T	C	O	M	I	U	C	M	R	I	B
U	U	I	K	A	B	L	L	S	U	J	E	H	O
L	T	R	K	A	M	A	E	S	N	K	N	C	L
D	S	T	R	C	T	M	C	S	P	E	G	U	I
E	O	U	V	I	E	L	A	K	T	I	T	O	S
R	P	N	O	T	E	N	C	L	P	E	H	L	M
S	U	N	E	U	G	I	T	A	F	A	R	S	D
Z	I	S	E	T	E	B	A	I	D	N	C	O	Q
V	E	G	E	T	A	B	L	E	S	O	I	K	L
Y	T	I	V	I	T	C	A	S	S	E	R	T	S

## Straight talk about kids' posture

Children's spines are constantly developing and adapting. But today's habits—heavy school bags, screen time, and too much sitting—can challenge even the most resilient backs. The good news is that even small, consistent changes can make a big difference.

### The screen slump

Screens are part of life, but how they're used matters. "Tech neck" (forward-head posture) and slouching increase muscle fatigue and place extra strain on the spine, neck, and upper back.

Set up for success. Position screens at eye level whenever possible. Use a desk and chair where feet rest flat on the floor and elbows, ankles, knees, and hips are around 90 degrees. Encourage regular movement breaks—even just two minutes of stretching or walking helps to reset posture.

### The backpack burden

School bags can be surprisingly heavy. Students should carry less than 10% of their own body weight. Heavy or uneven

loads place strain on spines, shoulders, and hips, increasing the risk of injury, fatigue, and pain.

Choose a backpack with wide, padded straps and wear both—not just over one shoulder. A waist strap can also help take the load off the shoulders. Pack heavier items closest to the spine and regularly clear out unnecessary items.

### Sleep position matters

Young children and teenagers spend many hours sleeping, so encouraging supportive sleep positions can help reduce unnecessary strain on the spine.

Back or side sleeping generally promotes better spine alignment, especially with a supportive pillow. Front sleeping can twist the neck and place strain on the spine.

Choose a pillow that maintains the neck's natural curve, and replace it when it loses shape.

### Movement: the main ingredient

Perhaps the most crucial factor is keeping

active. Movement is vital for strong muscles, bones, and joints. Long hours of sitting can contribute to stiffness and weakness.

Growing bodies need a variety of movement to develop strength, coordination, flexibility, and healthy movement patterns. Sports, dancing, playground time, and outdoor games are all great options.

If your child has posture concerns or persistent back or neck discomfort, seek guidance early to support healthy spinal habits.



## How to stay flexible without strain or pain



### Why stretching matters

Stretching improves flexibility, supports healthy movement, and may reduce your risk of injury. However, if you stretch incorrectly, it can do more harm than good. Let's take a closer look.

### Incorrect stretching

Muscles act a bit like elastic bands—they stretch and return to shape. But just like an elastic band can be pulled too hard, muscles can also be damaged if overstretched.

Stretching too hard or without warming up can cause tiny tears in the muscle fibres. Unlike the controlled micro-tears from strength training, these accidental tears can lead to soreness, weakness, or mild inflammation. Fortunately, complete tears are rare—most people feel discomfort and stop before this occurs.

### Is bouncing during stretching ok?

Bouncing while you stretch is generally not recommended for most people. It's sometimes seen in sports, but it could increase the risk of muscle strains, tears or joint injury.

Unless you're following professional sports guidance, it's safer to use slow, steady movements and hold each stretch gently. This is called static stretching.

### How often and what to stretch?

Aim to stretch at least two to three times a week. If you're active or want to improve

flexibility, daily stretching is even better. Just a few minutes each day can help circulation and keep your body moving well. Stretch muscles that feel tight or that you use most: neck, shoulders, back, hips, legs, and calves. Don't forget wrists and ankles! Stretch both sides evenly.

### Safe stretching tips

- Stretch after warming up or after a workout.
- Move slowly and breathe deeply as you stretch.
- Hold each stretch for 15–30 seconds.
- Stop if you feel pain—stretching shouldn't hurt.
- Regular stretching maintains flexibility.

### Remember stretching should feel good!

If you're unsure how to stretch, we can work with you to help tailor a routine that suits your body and goals.

## GARDEN FRESH WELLBEING SALAD

Make this healthy, vibrant salad a staple for those sunny summer picnics or BBQ gatherings. Packed with nutritious ingredients, it's both refreshing and satisfying.

### INGREDIENTS

- 4 cups mixed leafy greens (e.g., baby spinach, kale, and lettuce leaves)
- 1 large orange, nectarine or peach (chopped)
- 1 cup cooked quinoa
- ½ cup cooked chickpeas
- 2 Tbsp. chopped fresh parsley
- ¼ cup pumpkin seeds or sunflower seeds

- ¼ cup dried cranberries (or chopped dried dates)
- ¼ cup crumbled feta cheese (optional)

### INSTRUCTIONS

1. In a large bowl, combine the leafy greens, parsley, quinoa, chickpeas, and orange segments.
2. Add seeds, cranberries or dates, and feta (if using).
3. Toss gently to mix and pack in a portable sealed container.
4. Drizzle with olive oil and balsamic vinegar, or your favourite dressing, just before eating to keep the greens crisp.

### OPTIONS:

Toss in some chopped avocado if desired, just before serving.



## PRACTICE UPDATE

### WELCOME TO 2026.

Many people look on a new year as an opportunity to 'start again', with a 'clean slate'. Yet most new year's resolutions have been discarded by February. Author Daniel Pink states that this happens not because we lack discipline; rather because we lack design. As a habitual goal setter, I would argue that even design may not be enough to move intention into action.

Pink quotes recent research that showed enjoyment predicted persistence. It's not rocket science that most of us will choose an enjoyable activity over an important activity. (Unless there is someone hovering over us and/or pressuring us to get something done).

Yes, at this time of the year we often pose the question "What is your health goal?" No prizes for guessing the most common reply "lose weight".

Instead, we might ask "what's one way you can make moving (exercise or activities of daily living that require physical activity) more enjoyable?"

Perhaps it's vacuuming to your favourite play list or walking with a friend. Perhaps it's being able to move without pain.

I read a fascinating article recently on becoming a "time collector." I'll put a copy on our noticeboard for those of you who are curious to read more. Madison White writes a thought-provoking spiel on changing our perspective on time. Rather than seeing it as something that rushes by and that once gone is lost forever, she encourages us to hold time by choosing how we hold our memories.

I love the concept of creating memories by pausing for 8 seconds when we experience a moment we want to cherish. During a joyful or meaningful moment (for example a beautiful sunrise or a moment with a child), pausing allows our brain to process the information, increasing the likelihood that it will be stored in our long-term memory.

Another practical suggestion White offers is to create a memory jar. Each week, jot down a meaningful moment (or perhaps record what you practiced your '8 second pause' on during the day), pop the recorded moment into a jar and read them at the end of the month.

### READY FOR SCHOOL?

Did you know a chiropractic check-up may help your child's posture, gait, AND their ability to concentrate and self-regulate? All super important for getting through a school day.

We assess your child's reflexes, posture and movement. Retained primitive reflexes may make sitting still, focusing, handwriting or coordination difficult. This can look like fidgeting, poor posture, or delays in learning or emotional control.



### APPOINTMENT REMINDER

Your next appointment is on \_\_\_\_\_ at \_\_\_\_\_  
Date \_\_\_\_\_ Time \_\_\_\_\_

Disclaimer: The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider.

Talk to your chiropractor first.

Our newsletter is free - please take a copy with you