

40% get bad back

TWO out of five people regularly suffer pain in their back, neck or shoulders, a new study claims.

The research by the Chiropractic Association of Ireland also found only 20 per cent believe their posture is good.

It showed 53 per cent spend most of the day on their feet, standing or walking around and 43 per cent sitting at a desk.

CAI President Dr Siobhan Guiry said: "We can improve our health simply by standing up and moving around more.

"Stand up when on the phone, take the stairs instead of the lift or escalator and use your lunch or coffee break to get outside for a short walk."

