



How many hours a day do you sit for, and how is it affecting your health?

According to an Australian study conducted in 2012, every hour of TV that people watch, presumably while sitting, cuts about 22 minutes from their lifespan, while it's estimated that smokers shorten their lives by about 11 minutes per cigarette.

We spend, on average, more than 9 hours a day sitting. We sit at work and at school, in cars, in front of computers and other electronic devices. All of this sitting is taking its toll on our bodies and on our health.

Spinal disorders such as back pain, neck pain, scoliosis and disc disease are common, and they can have a profound effect on a person's overall health, impacting our ability to work and play, to enjoy everyday activities, even disrupting healthy sleep patterns. In fact in a recent Global Burden of Disease Study, low back pain ranked highest in terms of disability, and sixth in terms of overall burden. Back and neck pain is also one of the most common reasons for workplace sick leave.

On Monday 13th October the Chiropractic Association of Ireland (CAI) launched their annual **Straighten Up Ireland** (SUI) campaign, which includes **World Spine Day** on October 16th. The theme of **World Spine Day** is 'Straighten Up and Move' and is designed to promote awareness of Spinal Health, the impacts of spinal and postural disorders on health, wellbeing and quality of life, and to empower people with knowledge and tools to help them improve and maintain their spinal and general health.

This week CAI Chiropractors across Ireland are holding events in their offices and com-

munities, such as free spine and posture checks, and demonstrations of the **Straighten Up Ireland** 3 minute daily exercise programme. Brochures demonstrating the exercises can be downloaded from the CAI website at www.chiropractic.ie.

Maynooth Chiropractor, Dr Erina Olsen from the CAI commented: 'We would like to see a greater awareness of the effects of postural problems and sedentary lifestyles on peoples' health. We are encouraging every Irish person, young and old, to start spending a few minutes a day moving their bodies. Much like we all brush our teeth every day to maintain good oral hygiene, we need to do something each day to keep our spines healthy and moving. We would especially like to see children learning good habits, which they can continue using throughout their lives. With school bags seeming to get heavier each year and children being expected to sit still for hours in school and doing homework, spinal problems are starting at younger and younger ages.'

For more information on SUI events being held throughout the country and on how Chiropractors can help improve and maintain spinal movement and health go to www.chiropractic.ie to find your local CAI Chiropractor.



(L-R) Dr Erina Olsen, Dr Siobhan Guiry, President of the CAI and Dr. Tammy Verlaan-Ross.