



Straighten Up Ireland Week!

Slouching in front of the TV or hunching over a tablet, it's all too easy for kids to develop bad posture. During its sixth annual **Straighten Up Ireland** Week (Monday, October 13 to Thursday, October 16), the Chiropractic Association of Ireland is aiming to get us all to straighten up. The CAI has come up with some simple everyday exercises that will help to improve posture, stabilise core muscles, enhance health and prevent possible spinal disability. Taking just three minutes a day to complete, the exercises are fun, with names like 'the twisting star', 'the hummingbird', 'the rocker' and 'shaking loose'! Go to chiropractic.ie for more information.



Ballerina Emilie Quigley and weightlifter David Hehir show just what you can do with a strong spine.