



IT'S TIME TO STRAIGHTEN UP!

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Poor posture can seep into many areas of people's lives causing health problems that they would never associate with their spine, so with **World Spine Day** taking place on October 16, people are being urged to be mindful of their spine.

With so many sedentary jobs, a lot of people spend the majority of their time sitting at a computer, often straining their backs as they type, while many will go home from a long day at the office and sit down in front of the TV to unwind.

Here are a few top tips to take care of your spine:

- As you go through the motions of your daily routine, ensure that your posture is correct while sitting.

- Try to take regular breaks from long periods of sitting by standing up and walking around.

- Avoid carrying unnecessarily heavy bags, as they will put pressure on the spine.

- There are yoga and Pilates exercises and also stretches, which your chiropractor can recommend in order to alleviate pain or discomfort throughout your working day.

- You don't need a referral from your GP to see a CAI chiropractor and many health insurance policies cover visits, so do get checked by a qualified chiropractor in your area.