

## PUT YOUR BEST FOOT FORWARD

### *Just Start Walking* launches National Chiropractic Care Week (23–29 May)

---

Hamersley/Warwick residents are being encouraged to put their best foot forward and start walking for their wellbeing during National Chiropractic care Week, 23–29 May.

Launching the *Just Start Walking* initiative in Hamersley, local Chiropractors Steve Klymovich and Dayne Albronda said whilst we are living in more mobile times thanks to portable technology, physically we are less active.

“The human body is designed for movement, so to keep your spine at its best we need to stay active – it’s time to lace up the runners and quite simply, just start walking,” Steve said.

Coinciding with the launch is National Chiropractic Care Week, which Steve’s team will be using to highlight the importance of posture and mobility on our overall health and wellbeing.

Steve and Dayne will be at Carine Open Space on Monday 23, Wednesday 25 and Friday 27 May 2011, between 7.30 and 8.00am for all those interested in joining him for a morning walk and gentle exercise.

An active spine is a healthy spine and a healthy spine leads to a healthier life.

“What better way to encourage people to stay active than through walking – it’s simple, inexpensive, achievable and easy,” he said.

“Your overall health can be affected by the health of your spine so National Chiropractic Care Week is a prompt to make an appointment with your local CAA chiropractor to assess your spinal health and incorporate some more regular activity into your lifestyle,” he said.

“Regular, moderate activity – such as walking – has been shown to improve posture and overall health, as well as reduce the risk of a wide range of common health complaints.”

Chiropractors are experts at analysing posture and spinal problems; with five year university training they can provide expert care, exercises and lifestyle advice.

The *Just Start Walking* initiative is designed to raise awareness about the importance of keeping active, the benefits this can offer to your overall wellbeing and spinal health, as well as providing an easy-to-use program to encourage regular physical activity.