

Healthy Spine Checklist

Start your year the healthy way!

YOUR HEALTH IS A CHOICE. BY UNDERSTANDING MORE ABOUT YOUR OWN HEALTH YOU CAN MAKE BETTER LIFESTYLE CHOICES THAT CAN LEAD TO GREATER HEALTH AND WELLNESS.

A Take stock of your own health by going through our quick Healthy Spine checklist...

YES NO

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have difficulty turning your head so that your chin makes it to your shoulder? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you struggle to bend down so your hands drop below your knees when your legs are straight? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have someone look at you from the side—are your head and shoulders slumping forward? |
| <input type="checkbox"/> | <input type="checkbox"/> | Squeeze together your trapezius muscles (between your shoulder blades)—do they feel tight? |

Take your shoes off and stand up straight:

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do your feet or knees roll in? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there more pressure on one foot or another? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is one knee more bent than the other? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your body or joints feel stiff when you wake up in the morning? |
| <input type="checkbox"/> | <input type="checkbox"/> | When you walk, do you feel sore or stiff? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have difficulty putting your socks and/or shoes on whilst standing? |

B If you answered “YES” to any of these checklist questions, it may be time to have a professional assessment of your posture.

To find your local CAA member chiropractor, visit:

www.LocateAChiropractor.com.au

C Some simple things you can do each day for a healthier spine and life:

1. Do the Straighten Up Australia exercises every morning: visit www.StraightenUpAustralia.com.au for more information
2. Walk at least half an hour each day: visit www.JustStartWalking.com.au for motivation
3. Keep up the recommended daily dose of water, fruit and vegetables: visit www.gofor2and5.com.au for more information

YOUR LOCAL CAA MEMBER CHIROPRACTOR IS:

