



# News & Views @ CCC

May 2013

## Spinal Health Week - May 20 - 26, 2012

### ***Get back to your best***

Spinal Health Week is a national initiative sponsored by the CAA, to educate the community about the importance of spinal health in improving overall health and wellness.

Improve your postural fitness

- How do you sit at your desk?
- How long do you sit each day?
- How can you improve your postural fitness?



You can check the advised recommendations by visiting:

[www.chiropractors.asn.au](http://www.chiropractors.asn.au)

or

[www.SitRight.com.au](http://www.SitRight.com.au)

Your posture tells a story

What do you see & what does it tell you...?



Before Treatment    After Treatment

**Postural fitness:**

- Decreases muscle fatigue.
- Improves your postural endurance.
- Helps you lead an optimal healthy lifestyle.

To feel and function at your best,  
book your Chiropractic appointment today. 😊

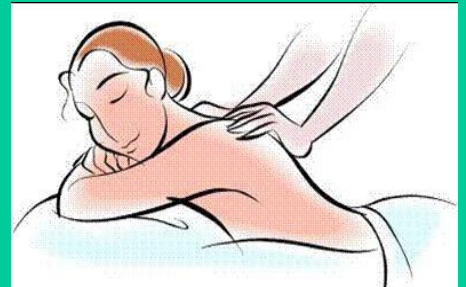
# Have you had a massage lately?

Why not warm up those muscles with a

**½ hour or 1 hour massage**

To loosen up before your chiropractic session or

Just because you know You deserve it! 😊



It is impossible to walk on the beach without making an imprint in the sand and taking some of it with us. Life is very much the same. If we noticed this we might be more aware of our actions and words.  
*By Martin Inspired Approach*

