

# 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?
<b>Take your shoes off and stand up straight:</b>		
<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](http://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](http://www.StraightenUpAustralia.com.au) for more information
2. Walk at least half an hour each day: visit [www.JustStartWalking.com.au](http://www.JustStartWalking.com.au) for motivation
3. Keep up the recommended daily dose of water, fruit and vegetables: visit [www.gofor2and5.com.au](http://www.gofor2and5.com.au) for more information

YOUR LOCAL CAA MEMBER CHIROPRACTOR IS:

Hands on Health - Family Chiropractor  
23 Kingsley Ave  
Camberley GU15 2NA  
01276 501777  
[www.camberleychiropractor.co.uk](http://www.camberleychiropractor.co.uk)

