

# CONNECT

NOVEMBER 2020 / [SPINAVITA.CO.UK/CONNECT](https://spinavita.co.uk/connect)

COVID-19 and the  
impact on our mental  
and physical health

TIPS TO KEEP US MOTIVATED THIS  
WINTER

Advice for  
everyday living

IN THIS ISSUE: DIY

Tips to avoid any  
injuries this winter

Working from home and the  
impact of our reduced activity levels

**WIN!**

**FREE TREATMENT  
OF YOUR CHOICE**

SEE PAGE 13  
FOR DETAILS

## Winter Warmer Recipe

Take a look at Anna's delicious spiced  
apple drink recipe.

## Meet new members of the Spinavita team

We are excited to introduce some new  
faces at Spinavita...

## Christmas gift ideas

Need some inspiration? Or simply  
looking for a last minute gift idea.  
Check out our suggestions.

# Welcome

Read our foreword from Anna Hawrot, Spinavita Chiropractic Clinic Director and chiropractor.

I think I can say this for everyone, 2020 has been a very difficult and challenging year. The COVID-19 pandemic has either directly or indirectly, affected every single one of us in one way or another and I don't think we can overestimate the magnitude of this. I would like to take this opportunity to send my thoughts and sympathy to anyone that has lost a loved one during this terrible time.

At Spinavita we have learnt to navigate our way through this unprecedented year. Having to close our doors on the 13th March for 3 months in lockdown

1, was a very scary moment for us. However, we learnt to adapt quickly and we used this time to set up an online service for our patients. We also launched a new online booking system and modernised our inhouse systems. Our note keeping is now all online as we move closer to becoming a paperless clinic.



On the first Monday in June we were ready to reopen, with our new systems in place, fully stocked up with PPE, stringent cleaning and social distancing protocols and having gone through a thorough risk assessment. I am very proud of my team and how we have all adapted to this new way of working. We

continue to assess our protocols on a regular basis and make improvements to ensure our patients, staff and their families remain safe.

Due to everything that my team and our Chiropractic profession has gone through we are extremely pleased that we have been able to remain open during lockdown 2. The government recognises us as 'essential workers', and I feel more than ever we are a very important service to our community.



I would like to extend my gratitude and thanks to everyone who has supported our clinic this year and over the past decade. We really wouldn't be the clinic we are today without our wonderful patient community. Stay safe, healthy and happy.

Anna

## We are here if you need us...

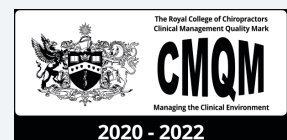
[Book an appointment](#)

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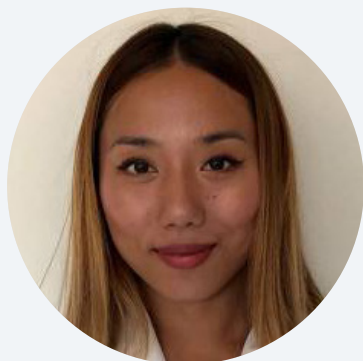
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Call 01452 883232

## Award winning clinic



# Spinavita welcome a few new faces!



**Coco Mehendo Gyaba**  
**Chiropractor**

Coco was born in Nepal where the health care system faces many challenges. She has always wanted to pursue a profession in health and wellness from a very young age.

Coco studied chiropractic at the Welsh Institute of Chiropractic (WIOC) after a sports injury. Whilst at WIOC, Coco has done courses on dry needling and extremities adjusting and has a keen interest in learning more about how chiropractic can help with pregnancy and paediatrics patients.

Coco practices yoga and meditation - she believes it is important to exercise your body and that movement helps to promote a healthier body and happier mind!



**Hannah Hughes**  
**Graduate Sport Rehabilitator**

Hannah graduated with a BSc In Sport Rehabilitation from the University of Salford in 2020 with First Class Honours.

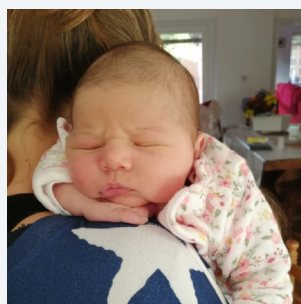
Alongside her work at the clinic, Hannah also works pitchside with local sports teams and has experience dealing with many injuries including concussion recognition and management, returning players safely back to the game post injury.

When not in the clinic, or standing on the side of a pitch, Hannah enjoys going to the gym, long walks in the countryside and socialising with friends.

## And last but by no means least...

We were delighted to welcome the latest addition to the Spinavita team back in October. Rhiannon Sofia was born on 16th October and is doing great!

Anna is enjoying spending some quality time with her family but is really looking forward to getting back to the clinic later in 2021.



# Staying Motivated

## THIS WINTER

by Anna Hawrot

**O**ver the past year most of us have experienced some feelings of anxiety, insecurity and worry. Many others have experienced more serious mental health problems related to months of isolation, uncertainty and financial worries. We have all had to try and adapt to the new world and it isn't always easy, especially now the dark winter months have arrived.

So, here are 5 top tips to help you stay motivated and to keep away the blues this winter:

### 1. Take a daily walk

Even in lockdown, we are allowed to go out for a walk every day, so there is no excuse. Walking has so many benefits; just a 20 minute / 1 mile walk everyday has proven

to help both physical and mental health. If your physical health allows, try and stretch this to an hour (approximately 3 miles). This gives even more physical benefits such as improving your cardiovascular fitness and helps with fat loss.

### 2. Supplement with daily Vitamin D

Vitamin D is a fat soluble vitamin known as the 'sunshine vitamin' which helps our bodies absorb calcium and phosphorus to strengthen our bones and teeth. During the winter months it is important to supplement this vitamin, which is also known to boost our immune system and help with low mood.

### 3. Stay in touch with friends and family

If you can't see them physically, the next best thing is to regularly video call, phone, write and text to your nearest and dearest. Even better than this would be to meet outside for a catch up and to exercise.

### 4. Face to face appointments

Keep your appointments to see your Chiropractor, Osteopath, Sports Therapist, Counsellor when possible. The benefits of



### Fresh air is good for you

→ Clear your lungs and give yourself more energy and mental focus by taking regular walks outside.



seeing your practitioner can really help you both physically and mentally. Just ensure they're adhering to really high standards of wearing PPE (Personal Protective Equipment), social distancing and cleanliness rules within their office/clinic setting. Many will also offer online consultations.

### 5. Eat healthy

It has never been so important to be as

healthy and nutritionally fed as possible. The COVID-19 virus has shown to affect those with health complications such as diabetes, as well as those that are overweight. Eating a healthy diet coupled with daily exercise could really help prevent catching coronavirus or at the very least limit the serious side effects of the coronavirus. So make sure you're planning your meals, cooking from scratch and avoiding the urge to eat fast

food or takeaways.

A healthy diet can lead to a happy mind, so there is really no reason not to get in the kitchen and start cooking!

### Good to know

- Remember you are not alone, and there are always people there to help. So if you want more information on how to cope with anxiety and depression during this pandemic the charity MIND has set up COVID-19 information on their website.



### Shielding at home?

- If you are in the vulnerable category and are unable to get out to see us, but you would like an appointment, we are able to do online consultations.

# Winter warmer recipe

*We've been making non-alcoholic mulled apple juice - and it tastes delicious. Anna gave the recipe a try as you can watch here. Why not join in at home and let us know what you think!*

## Mulled Apple Juice

- 1 1/2 pt freshly squeezed apple juice
- 1 pt cranberry juice
- 2 cinnamon sticks
- 10-15 cloves
- 1 orange (cut into segments)

Add all the ingredients into a pan, give it a stir and leave until simmering. Pour into a glass and enjoy!



→ Keep your ingredients as fresh as possible to increase the nutritional value.





## Reduce the risk of injury this winter

*Melissa Folly features her top tips on how stay safe should the snow fall this winter and as it starts to colder.*

**A** lthough we haven't had any of the white stuff- yet- we want you to be prepared for when things to get colder.

Icy roads and pavements cause hazardous conditions underfoot increasing the risk of injuries caused by slips and falls. It is quite natural for us to be wary when walking outdoors. Many people adopt an 'ice walk' to steady themselves. The problem is that an unnatural walking posture could cause as many problems as the icy conditions themselves.

Here are some TOP TIPS to stay safe and reduce the risk of injury:

### Footwear

Have TWO pairs of shoes, one for walking in the ice and snow, the other for indoors or whilst driving. Waterproof or other lined shoes are preferable as are thermal socks, as these items will help keep your feet warm.

Cold, numb feet are less able to sense and adapt to changing conditions. Make sure your footwear has a good grip on the sole; essential for maximising your grip on the ice.

Shoes with support features are important. Walking shoes with a firm ankle support are ideal as they help prevent you 'going over' on your ankle and help you feel more stable in slippery conditions.

Wellingtons can be practical, but they often don't give enough support and can be difficult to take off. Also avoid walking outside in leather or other, smooth soled shoes.

### Prepare and Be Aware

There are things you can do to prepare yourself for better balance. Standing on one leg, as an exercise, is a great way to help improve your general balance. When you are out and about, keeping your hands out of your pockets (use gloves) so that you can use your arms for better balance is a great idea too. Watch out for parts of the pavement that may have been in shadow or under trees, where there is more likely be black ice, but make sure you pay attention to what is ahead too.

### Fall and Roll

If you do fall, try and curl up and 'roll' with the fall and stay relaxed, this will minimise any jarring to your body. Whilst it may be an automatic reaction, try to avoid putting your hands out to save you – this may cause wrist injuries.



# Are you sitting too much?

*Workouts have moved to our living rooms and our commutes are to our dining rooms. Spinavita chiropractor Jess looks into the impact of working from home and our reduced activity levels.*

by Jessica Davy

**W**ith the government guidelines advising us to stay at home as much as possible due to COVID-19, many of us have had to adapt to a much slower pace of life. Many forms of exercise have been restricted, therefore it's easy to feel disheartened and to find yourself withdrawing from all forms of movement. Especially now that many of us are simply commuting to our dining rooms to continue working.

## **Does sitting cause low back pain?**

Since becoming more sedentary I am experiencing low back ache and more headaches; my inactive lifestyle and Netflix addiction is the obvious culprit, right?

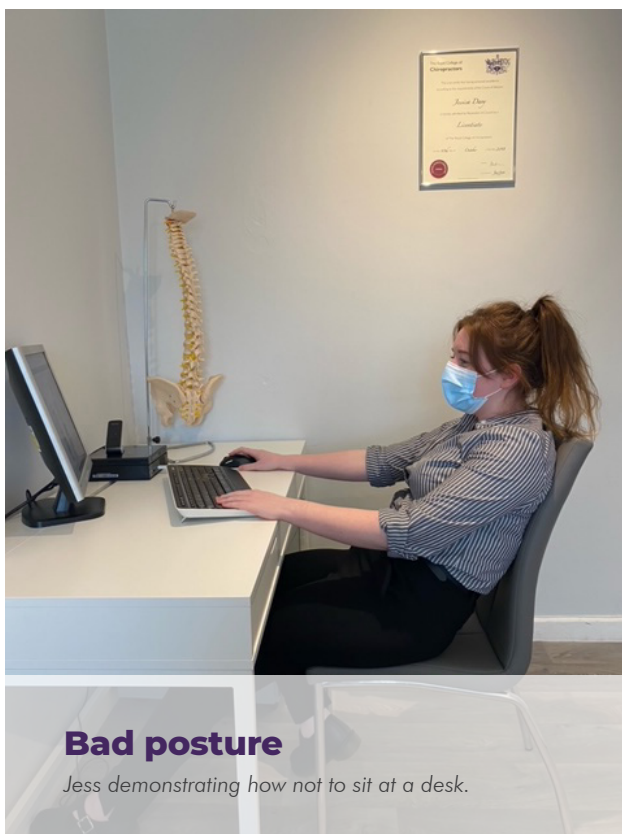
We know that sitting with or without an awkward posture often results in tight musculature, particularly in the neck, shoulders, low back, and hips. Over time this can lead to an increase in pain and stiffness. However, we still don't know that sitting actually causes low back pain. Studies have found that by itself, sitting does not increase the risk of low back pain but it is actually a combination of factors that affect us over a period of time.

Knowing this, the rational part of my brain kicks in and reminds me that my low back is aching because I haven't done any mobility exercise for a couple of days and the headaches are as a result of drinking too much coffee and not enough water.

## **Keep it moving**

While we may have formed some bad habits with the country currently under another lockdown, here are my top tips to get you moving more and sitting less! →





### Bad posture

Jess demonstrating how not to sit at a desk.



### Good posture

Jess demonstrates correct posture at a desk.

**Change it Up** - Adopt a different posture every 20-30 minutes. Even small changes such as uncrossing your legs or using a footstool will help.

**Walk and Talk** - When talking to your colleagues or loved ones on the phone or FaceTime, get up and walk around your house or garden.

**Set Reminders** - Set regular reminders on your phone or computer and aim for 2-3 minutes of movement during every hour.

**Set a Goal** - Hitting thousands of steps a day may not be achievable while we're in lockdown, so lower your goal so that it's still a challenge, but it's achievable.

**TV Breaks** - Get up and move during every advert break or between each Netflix episode; it can be as simple as standing up, walking around the room and then changing your position on the sofa!

**Kitchen dancing** - Dance parties are my favourite way to increase your heart rate,

get your body moving and release those happy hormones. Play your favourite songs nice and loud and just let your body move!

### Work from home like a pro

Many people have had to adapt areas in their houses to enable them to work from home. Here are a few tips to ensure you have the best ergonomic set up possible.

**Chair Height** - Ideally, your hips should be slightly higher than your knees when sitting to maintain a good posture. Dining room chairs tend to be level so sit on a cushion to raise the seat or ask us about one of the wedge cushions shown in the pictures.

**Back Support** - Your chair should support your lower back curvature, it's easy and sometimes more comfortable to slouch or to sit bolt upright but chairs have backs so we can rest against them. If your chair is uncomfortable, use a pillow or rolled up towel to increase the support.

**Work Standing** - Place your laptop on a box, or work at the kitchen counter so you can work standing up. I don't recommend standing for the whole day, but instead alternate between sitting and standing as often as you feel.

**Work Station** - Bring all of the items you use frequently such as your keyboard, mouse and phone to within an arms reach so you don't have to over stretch.

**Screen Height** - Having your screen at eye level prevents you from dropping your chin to look downwards which can put stress on your neck and result in headaches.

**Schedule a lunch break** - It's easy to become chained to your desk when working from home, so make sure to take a lunch break away from your desk. It's a great time to get some fresh air or to try a midday workout, to give your mind space and to boost your productivity.

# Exercise at home

Hannah Hughes, Sports Rehabilitator at Spinavita Chiropractic demonstrates how we can keep active at home with multi-directional lunges. Follow the step by step instructions or watch her demonstration video.

## The Starting Position

1. Begin by standing up tall with your hands on your hips.

## The Lunge

2. Take a large step forward with your right leg, whilst transferring the weight on your left leg to your toes.
3. Bend at the knee until your right thigh is parallel to the floor, aiming to keep this knee in line with your toes throughout the movement.
4. Push up and straighten your knees, then step back to return to the original position.
5. Next, step diagonally forward with your right foot (about 45° clockwise), then repeat steps 3 & 4.
6. After that, take a big step out to the right with your lunging leg. Keeping your left foot flat on the floor.
7. This time keep your left leg straight, as you bend your right knee to perform the lunge. Remember to keep that right knee inline with your toes!
8. Then return to the starting position.
9. Continuing the movement in a clockwise direction, step diagonally backwards (about 45°) onto your right foot..
10. Again, your left foot will remain flat on the floor, but you will now transfer your weight onto your toes on the right foot.
11. Bend at the knee, this time until your left thigh is parallel to the floor. Then straighten your knees and step forward, back to the starting position.
12. Next, step directly backwards onto your right leg. Repeat steps 10 and 11.
13. Finally, step backwards onto your right foot so that it crosses behind your left. Again, repeat steps 10 and 11. On this lunge you may wish to hold your hands out to the side of you to help with your balance.
14. Repeat, this time leading with your left leg!

## Benefits

→ Lunges are a great way to get moving and help to target key muscles, such as; quadriceps, hamstrings, gluteals, gastrocnemius and soleus. Performing them in a clockwise motion is a more challenging way that enables you to practice your balancing skills at the same time!

## Key Points

- Focus on stability rather than speed
- Ensure your knee stays inline with your toes
- Have Fun!



## Advice for every day living: DIY

**Don't bite off more than you can chew! We are a nation of DIY enthusiasts; we rush to get to grips with our latest home improvement project at every opportunity. Inevitably, there will be DIY disasters; injuries that could have been avoided. Here are some helpful tips for DIY enthusiasts from the British Chiropractic Association.**

### Reach for the sky

- When painting a ceiling, think about how to get the largest amount of paint on the ceiling in the shortest space of time.
- Use a large paint pad or a roller with an extended handle (hold it at chest height.)
- Keep your head in as neutral position as possible and keep facing forward; don't over stretch your neck.
- If you can lie down to do the job using a platform, do!

### Don't twist again

- If you need to use a ladder, make sure you are always facing it and move the ladder regularly, rather than leaning to reach your goal.
- Always keep your shoulders, hips and knees pointing in the same direction

### Treat DIY like normal exercise

Warm up and warm down to lessen the chance of muscle strains.

### Dress appropriately

- Don't wear tight, constricting clothes – be comfortable and make sure your clothing has plenty of room to give with your movement.

### Take a break

- Vary your activity and try to spend no more than 20-30 minutes on any one thing. If painting, you can still take short breaks without causing a problem. It is important to take breaks to avoid being in the same position for too long.

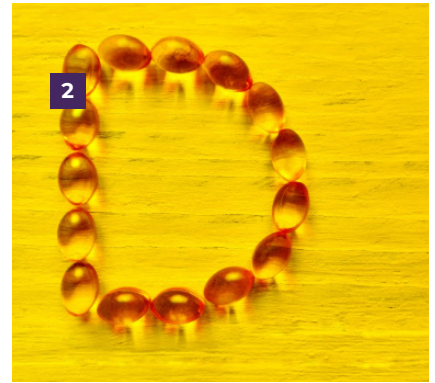
### Plan ahead

- If you are planning a trip to the local DIY store to purchase heavy items like cement, buy smaller bags rather than one big bag. Smaller items are easier and safer to carry.
- If you do buy heavy items, use a trolley and, if on your own, ask an assistant at the store to help you.
- Don't lift with your arms straight out, keep the elbows bent and to your side to minimise the stress on your back.
- If having items delivered, have them unloaded as close to where you need them as possible; this will save the effort of moving them again.

# Stocking filler shopping

Stuck on ideas for gifts for loved ones this Christmas? With the emphasis on keeping our mental and physical health up, here are some of our favourite stocking filler ideas.

NB. Spinavita has no affiliation to the products or websites recommended.



## High Density 2-in-1 roller

**1** Help relieve muscle tightness and inflammation or use as a tool for warm-up and cool downs before and after exercise.

Price £7.99  
corebalancefitness.co.uk

## Yoga Positions Dice Game

**5** Generate a variety of yoga practices with these seven wooden dice representing different yoga poses.

Price £14.99  
oliverbonas.com

## Vitamin D

**2** There are many benefits to vitamin D including boosting the immune system and bone and muscle health. Make sure your loved one is getting enough of the 'sunshine' vitamin!

Price £6 for jar of 60  
Ask in clinic

## Sleep Masks

**6** Help get a good night's sleep, which in turn promotes recovery.

Price £15.99  
notonthehighstreet.com

## Spikey Massage Ball

**3** Use to help with muscle tension, pain and self massage - but don't get confused for a dog toy!

Price from £2.99  
physique.co.uk

## Skipping Rope

**7** Help improve cardio with this skipping rope - a great option for home workouts.

Price £16.99  
doperopes.co.uk

## Mindful Meditation Cards

**4** 100 cards with a variety of tips to help balance your thoughts and regain some composure.

Price £9.95  
notonthehighstreet.com

## Re-usable Hot/Cold Packs

**8** Ideal to soothe acute and chronic pain or injury these hot and cold packs can be re-used - simply refreeze or reheat.

Price £8.50  
Ask in clinic



And if you're still not sure what gift to get your friends and family, a Spinavita Chiropractic gift voucher might be the perfect option. Call the clinic reception on 01452 883232 to purchase.

## Competition Time

Enter our competition for a chance to win a free treatment of your choice!

Simply tell us which word from the list does **not** appear in the wordsearch and send your answer to [enquiries@spinavita.co.uk](mailto:enquiries@spinavita.co.uk). All correct entries will be entered into a prize draw and the winning name will be selected at random on **Monday 14th December**. Join us on Facebook at 11am for our live draw!



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1. CHRISTMAS
2. STOCKING
3. CRACKERS
4. CHRISTMAS TREE
5. NATIVITY
6. MARY
7. STABLE
8. WISE MEN
9. CAROLS
10. MINCE PIES
11. PRESENTS
12. FATHER CHRISTMAS
13. DECORATIONS
14. STAR
15. JESUS
16. JOSEPH
17. SHEPHERDS
18. BETHLEHEM
19. TURKEY
20. NEW YEAR

# CONNECT WITH US

*There are many ways you can connect with us - and we'd love to hear from you! Drop us a message on social media or contact us using one of the methods below*

*We look forward to seeing you soon.*

[Book an appointment](#)

Call 01452 883232

[Email us](#)

[Visit spinavita.co.uk](http://www.spinavita.co.uk)



[Spinavita.Chiropractic](https://www.facebook.com/Spinavita.Chiropractic)



[spinavita.chiropractic](https://www.instagram.com/spinavita.chiropractic)



[uk.linkedin.com/in/annahawrot](https://uk.linkedin.com/in/annahawrot)

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A photograph of a man in a grey striped shirt lying on a yellow sofa, smiling. A young boy in a blue shirt and tan shorts is lying on his back on top of the man's legs, also smiling. The scene is brightly lit, suggesting a window nearby.

Wellness care to transform  
you and your family



**SPINAVITA**  
CHIROPRACTIC