

OUR CHIROPRACTORS

Dr Gareth Calverdash

BSc Hons (Chiro), B.Chiro, ICCSP

Graduated from Murdoch University.

He is the head of the well-being team.

Dr Sasha Aspinall

BSc (Hons), BChiro, PhD

Graduated from Murdoch University

as Dux of her class. Her particular

interest lies in spinal pain.

Dr Tanja Ricciardi

BSc (Neuro), BSc (Chiro), BChiro

Graduated from UWA with

Neuroscience major then went on

to complete a Chiropractic degree

at Murdoch University.

CLINIC STAFF

Carolyn Lockhart

Senior Receptionist

Alexandra Wetton

Receptionist/Marketing

CONSULTATION TIMES

Consultations are by appointment

Monday to Friday

8am - 11am & 2pm - 6pm

Saturday

8am - 12 noon

INSIDE THIS ISSUE

- Editors Note - Dr Gareth Calverdash
- Womens Health Week 2022
- Exercise and Pregnancy
- Special Prizes
- 25% Off Exercise Products

Health Adjustment

SPRING 2022

Editors Note - Dr Gareth Calverdash 😎

SPRING IS HERE! Welcome everyone, **women especially**, we're talking to you this season! With Women's health week around the corner we are discussing all things women's health: our main discussion is **pregnancy & back pain**, plus more to come on social media if you want to follow us:

www.facebook.com/HiltonChiropractic

www.instagram.com/hiltonchiropractic

Women's Health Week: 5 - 11 September 2022

It's all about you.

Women's Health Week runs annually in September as a nationwide campaign of events and online activities - all centred on improving women's health and helping you to make healthier choices. Women's Health Week is a reminder for all women to set aside time for your health and wellbeing.

Make an appointment for 50% off an initial or returning appointment here at

Hilton Chiropractic, see our special offer below. Remember to keep active, and connect with family and friends.

Why Women's Health Week?

In 2013, realising that there was no event dedicated to women's health in Australia, Jean Hailes for Women's Health ran the very first national Women's Health Week. Thousands of women across Australia subscribed to take part in a week of events and online activities, learning more about their health.

Now in its 10th year, Women's Health Week is a celebration of women in Australia, women from all walks of life. In 2021 (despite a second year impacted by lockdowns and restrictions), more than 128,000 women participated in 2277 events, over 54,000 women subscribed to the online campaign and we reached over 3.6 million people via social media.

We are proud that Women's Health Week attracts the support of organisations, high profile ambassadors, businesses, community, sporting and media groups across the country.

Women's Health Week is recognised as the biggest week for women's health and wellbeing in Australia and takes place annually in the first week of September.

About Jean Hailes

Jean Hailes for Women's Health is Australia's leading and most trusted women's health organisation. For more information, please follow the link to her website: www.jeanhailes.org.au

To make an appointment please call 9337 6033 or
visit www.hiltonchiropractic.com.au

Pregnancy and Exercise

Many women when they fall pregnant are unsure about whether or not they should exercise, and if so, how much is too much and how much is not enough? The UK Chief Medical Officer came up with a simple infographic which has been tried and tested since 2019. Here are the highlights broken down:



- 1. Benefits of exercise in pregnancy:** Helps weight gain during and after pregnancy, reduce high blood pressure & diabetes; improves sleep, mood & fitness.
- 2. How to get started:** If you are already active, great! Keep going! If you're not, then gradually build your activity week to week from light to mild to moderate to high to small amounts of vigorous exercise.
- 3. Aim for 150min of moderate intensity activity every week.** (Things that challenge you but are not too jarring or over strenuous on the body.)
 - a. Carrying bags/shopping
 - b. Riding bikes
 - c. Walking
 - d. Social activities/dancing
 - e. Gym/swimming/yoga/Pilates.
- 4. Do muscle strengthening activities 2x/week.**

This means something that challenges individual muscle groups in a controlled but greater than average movement. i.e. you should be able to do at least 5 repetitions but not much more than 10 (ten) at a time. These activities should not last more than 60 minutes.
5. According to the research there is no strong evidence to show exercise will do you or your baby harm, but **back pain and pelvic pain is common**, so it is recommended you **listen to your body** and reduce the amount or intensity of the exercise **as you feel your body change**.
- 6. Don't bump the bump:** Obviously impact to the abdominal area can have an effect on your baby so try to avoid major impact to your abdomen. If you are concerned please get medical advice.

References:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf - last updated: 7th Sept 2019

There are also some great Australian resources:

- <https://www.health.gov.au/resources/publications/physical-activity-and-exercise-during-pregnancy-guidelines-brochure>
- <https://www.health.gov.au/resources/publications/guidelines-for-physical-activity-and-exercise-during-pregnancy-poster>

Pregnancy and Exercise - Quiz

Keep an eye out for our social media posts over the next few weeks. We will be asking weekly questions on the above article, giving you a chance to win 50% off your next adjustment. 😊

SPRING EXERCISE PRODUCT SPECIAL

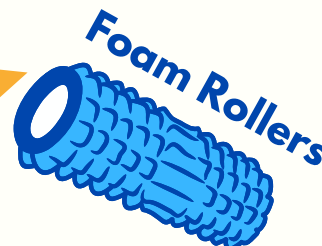


Exercise bands



Massage balls

25% OFF




Foam Rollers



Fit balls

 We are offering a complimentary adjustment to the person who comments on the most posts this September:) - Winner will be shown on our notice board:)

 Don't forget to follow us and receive \$5 off your next visit:)