

THE NEWPORT

CHIROPRACTIC CLINIC

IT'S BEEN A BUSY START TO THE YEAR FOR BOTH CLINICS, WE'VE WELCOMED NICOLA BACK FROM HER TRAVELS TO NEW ZEALAND AND SAM FROM HIS SKI TRIP.

BETH HAS BEEN BUSY COMPETING AT HYROX IN MANCHESTER WITH BARBARA, BRENNNA AND LAURA HOLDING THE FORT IN THE MEANTIME.

ITS HARD TO BELIEVE WE ARE ALREADY FINISHING UP JANUARY AND HEADING INTO FEBRUARY! KEEPING FINGERS CROSSED FOR SOME BETTER WEATHER, A BIT MORE DAYLIGHT AND MORE OPPORTUNITY TO BE ACTIVE OUTDOORS.

ANY ONE ELSE LOOKING FORWARD TO THE START OF THE WINTER OLYMPICS!?

Anyone else feel like hibernating?

Winter can be tough on our bodies. The cold temperatures and recent miserable weather can lead to less movement & more awareness of general aches, pains and stiffness, changes in barometric pressure can all make existing joint issues feel worse - its no coincidence that arthritic pain tends to be more noticeable in the winter months.

How we can help:

Chiropractic and Massage can help improve joint mobility, reduce muscle tension & help stimulate the nervous system to keep you moving more easily.

What you can do:

Continuing to exercise is also important - keeping active helps to maintain the benefits of treatment as well as supporting your general health.

And don't forget your vitamin D!



If you are unsure of what exercise is suitable or need some advice please just ask!



CHIROPRACTIC CARE HELPS YOUR NERVOUS SYSTEM FUNCTION AIDING MOBILITY, BALANCE, PERFORMANCE AND RECOVERY - CHIROPRACTORS WILL BE PART OF THE WINTER OLYMPIC CLINICAL TEAM IN MILANO CORTINA THIS MONTH

Winter sports are fun, cold and challenging conditions can increase injury risk. Our tips can help you stay safe & active all season:

Warm up first

Cold muscles tighten easily. Light cardio with dynamic stretching before skiing, snowboarding, or skating helps prevent strains.

Good technique

If it's been a while consider a lesson, this helps to ensure good technique and reduce unnecessary strain on your body.

Strengthen & stretch

Strong core & flexible hips, knees & shoulders protect joints during sudden movements.

Don't ignore small aches

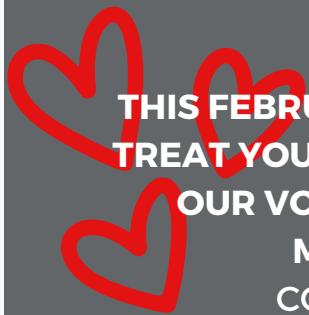
Minor stiffness can lead to bigger issues if left unaddressed. Early care often means less treatment.

Recover smart

Stretch, hydrate after activity to support faster recovery.



SHARE THE LOVE THIS MONTH



**THIS FEBRUARY, GIVE A GIFT THAT TRULY MAKES A DIFFERENCE
TREAT YOURSELF OR SOMEONE ELSE TO A CLINIC GIFT VOUCHER
OUR VOUCHERS CAN BE USED FOR ANY OF OUR SERVICES
MASSAGE, CHIROPRACTIC AND SHOCKWAVE
CONTACT THE CLINIC FOR MORE INFORMATION**

