

— April/May



## IS IT TIME TO DECLUTTER YOUR LIFE?

The Easter/Spring break is well-known for being the time of year when people go hunting for their dusters (as well as a few coloured eggs) and not only does the essence of spring clean make your home feel and smell nicer, but it also helps mentally too.

It's no secret that those who live in tidy surroundings tend to have a more organised lifestyle (and they take nowhere near as much time finding lost keys and bits as the rest of us). Even writing this now, I'm sure there's something at home I roughly know where it is, but if someone asked me to say for certain I'd struggle to say an answer for sure.

This little niggle of fear when you're not sure where things are creates worry and stress, both things that are seriously bad for the body and the mind.

Do you ever sometimes come into work (or in today's hybrid world sit at your dining room table with your work laptop) and just get fed up of all the mess around you? It makes it so hard to concentrate. You can't focus on your meeting, you can't get that report done and you just can't get comfortable.

Just by tidying up you reduce stress. You, even without realising it, make a list of what to clean first and how to

go about it. And when you're done you can appreciate the decluttered space with both a sense of achievement and relaxation.

Now you can decide to clean a desk, a room or go all out and decide to sort out the whole house. It depends what works best for you (and how much help you can wrangle up) and how much time you have.

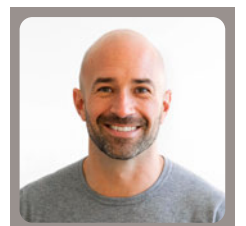
Sometimes when I'm really stuck on a piece of work, when I can't get my head through how to approach it, I decide to have a little clean. I stick the kettle on, get myself settled with a nice hot drink and I can now take on the task with a fresh perspective and a decluttered mind.

What area will you focus on ?

Can't wait to hear all about it in our next session together

*Luc Archambault*

**Chiropractor**





# Sitting too long? Your Top 5 Reasons To Get Moving This Spring

Let's be honest, we all probably sit for too long – whether that's in the office, at home on the sofa watching tv or driving around town. Sometimes it seems that all we do is sit. Why? Well, it's easy. It feels relaxing and comfortable. But surely it's not good for you? Well, luckily we've compiled a list of effects that can happen by oversitting. And brace yourself, you might want to get those walking shoes ready!

## 1. Potential weight gain

When you don't move about enough, you lose the muscle mass. Muscle mass helps you burn more calories at rest. Move Less, Burn less calories.

## 2. Chronic Pain

Sitting for too long may lead to excess pressure on certain parts of the body to compensate. The lower back is an area that usually suffers from oversitting. If this happens over a long period it may lead to discomfort and pain.

## 3. Mental Health Deterioration

We don't need reminding what life can be like stuck inside all the time, but the impacts of this are sadly more than just physical. With limited social interaction comes the risk of mental well-being and heightened periods of tiredness, struggling to sleep, lack of concentration and a decrease in your social skills.

## 4. Less Energy

Movement and exercise increase energy levels. By sitting for long periods of time you may find yourself struggling with lethargy, resulting in reaching out for less than optimum ways of feeling re-energised e.g. caffeine/ sugar. Start by building up with short walks, the body adapts to the regular movement you do.

## 5. Compromised Posture

By sitting for too long you put added pressure on your lumbar discs rather than being distributed evenly through your spine. This can lead to the pelvis to rotate backwards and can throw your head forward creating bad posture.



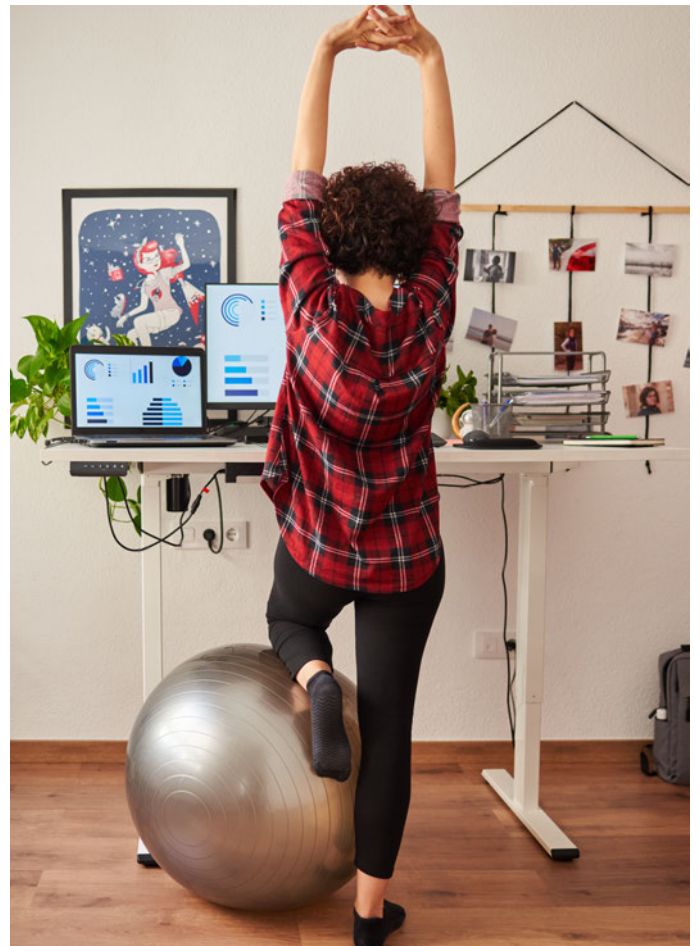




## Inspired to move yet?

Here are some quick fire tips to help you get started :

- Set a timer and take a break from sitting every 30 minutes.
- Stand while talking on the phone or watching television.
- If you work at a desk, try a standing desk – or improvise with a high table or counter.
- Introduce walking meetings with your colleagues rather than sitting in a conference room.



The impact of movement – even leisurely movement – can be profound. Your body was made to move. For starters, you'll burn more calories. This might lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age. If you are struggling with moving more or find yourself under stress or experience pain, let's discuss some ideas for you in your next session with us.



# Nuts & Date Slices



## Ingredients :

- 100g pitted fresh dates, chopped
- 150g (1 cup) salted peanuts
- 80g (1/2 cup) natural almonds, chopped
- 45g (1/4 cup) pepitas
- 35g puffed rice
- 2 tbsp honey
- 2 tbsp almond butter
- 2 tbsp macadamia oil
- 1 tsp ground cinnamon

## Instructions :

1. Pre-heat oven to 160/140 fan-assist. Lightly spray a 20 x 30cm baking pan with oil and line the base and 2 long sides with baking paper.
2. Place the dates and 2 tablespoons boiling water in a small bowl. Set aside for 3 minutes to soak. Use a fork to coarsely mash.
3. Meanwhile, process the peanuts, almonds and pepitas in a food processor until coarsely chopped. Transfer to a large bowl. Add the puffed rice and stir to combine.
4. Place the date mixture, honey, almond butter, oil and cinnamon in a small saucepan. Cook, stirring, for 2 minutes or until well combined and warmed through. Add to the nut mixture and stir until well combined.
5. Press the mixture firmly into the prepared pan, smoothing the surface with the back of a spoon. Bake for 35-40 minutes or until a deep golden brown. Set aside to cool completely in the pan.
6. Cut the slice into 20 pieces. Store in an airtight container for up to 5 days.

## Fun Facts ~

Avocados are a fruit, not a vegetable. They're technically considered a single-seeded berry, believe it or not.



## WORDSEARCH CHALLENGE



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Sat: 9:00am – 2:00pm

Adjustment

Walking

Happy

Declutter

Flowers

Fresh

Exercise

Spring

Cleaning

Energy

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