



Oldham Chiropractic Clinic

October 2018 Newsletter

Welcome to our October Newsletter

September was a busy month for us all at the clinic, we hosted our Appreciation Party for those who are members and we also attend annual Conference for Chiropractors which was held in Colchester

The party was a great success



The Blue Cow conference once again was a brilliant day, when we get show our team skills to other Chiropractic Clinics from across the co



At the conference this year we won some awards.....

Sam won Inspirational Person of the Year

Nikos was recognised for his contribution to the growth of the Team

Team of the Year..... Yah!!!!

We are super proud of our Blue Cow Team!!

**Did you know that 16th
October is World Spine
Day?**

Check out the simple everyday exercises overleaf

They are designed to protect and to keep your spine supple

Don't forget to reserve a place for you and a friend at our Health Talk

Dates available at the front desk

Product of the Month

Magnesium Citrate is the best of the non-food forms of magnesium. As a citrate, it is readily absorbed into the bloodstream via the citric acid cycle. Magnesium Citrate comes in easy-to-take gluten free capsules which are suitable for vegetarians and vegans.



Magnesium contributes to:
a reduction of tiredness and fatigue
normal psychological functions
the maintenance of normal bone/teeth
normal energy-yielding metabolism
normal muscle function including the heart muscle
normal nerve function

Team Member of the Month



Nazish Bibi

Team member of the month is our new CA Nazish, who put herself out there at our GAP Party. Nazish you are Awesome !!



Straighten Up and Move



1. THE STARS



- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Spread your arms and legs into a star.
- * Breathe air in as you slowly stretch one arm over your head...
...and slide your other arm down your leg.

- * SLOWLY tilt your star to the other side.
- * Relax at the end of the stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**

repeat both sides 2 times!

TILTING STAR



2. THE FLYING FRIENDS



- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Put your arms straight out and pull your shoulders together in the back.
- * Breathe air in and slowly raise your arms until your hands touch together over your head.
- * Breathe air out and slowly lower your arms to your side.
- * Repeat 3 to 5 times.

THE EAGLE

3. CORE BALANCE/ WRAPS



- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Pretend the floor in front of you is a tight rope high in the air. **(NEVER try this on a real rope !!!)**
- * Take a step forward on the tight rope.
- * Keep your front knee over your ankle (not over your toes).
- * Keep it going while you count to 20!
- * Repeat with the other foot forward.

TIGHT ROPE

- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * While you are in the star position, turn your head to look at one hand.
- * Slowly twist your entire spine to watch your hand as it goes behind you.
- * Relax at the end of the stretch, and **DON'T FORGET TO BREATHE IN AND OUT!**
- * Repeat both sides 2 times!



TWIRLING STAR

- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Put your arms out to the sides with your hands up and pull your shoulders together in the back.
- * Make small backward circles with your hands and arms.
- * Bend at your waist from side to side while you keep the circles going.
- * Keep it going while you count to 10!



THE HUMMINGBIRD

- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Stand with your feet wider than your shoulders.
- * Gently rotate your body from side to side.
- * Let your arms flop back and forth and shift your weight from knee to knee.
- * Keep it going while you count to 15!



SLINGING WATER

- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Raise your arms in "hands up" position.
- * Bring one of your elbows across your body while you raise the opposite knee toward it.
- * Now bring the other elbow across your body while you raise your other knee toward it.
- * Repeat this 15 times.



TWISTING STAR

- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Put your arms behind your head and gently pull your elbows backward.
- * Slowly and gently press your head backward against your hands while you count to 2.
- * Relax and breathe.
- * Repeat this 3 times!



THE BUTTERFLY

- * Become an **INNER WINNER!**
(Head up high & pull your belly button in.)
- * Lean to one side until your elbow can rest on your bent knee.
- * Breathe air in and slowly raise your other arm above your head so your body makes a triangle (like Vikes).
- * Feel the stretch in your body. Count to 10 and do the other side!



THE TRIANGLE

Relax and breathe.

You're Doing Great!

Do some **TRAP OPENERS** like Vikes showed you on the first page.

GOOD JOB!



Count to 15 while you shake your hands & feet.
It's been fun- we are Done!



THE SHAKES