

18 Lemongrove Road

Penrith, NSW 2750

P: (02) 4721 3858

E: admin@healthlinkchiroandmassage.com.au

W: www.healthlinkchiroandmassage.com.au

OUR CHIROPRACTORS

Dr Angela Zahra BSc MCh

Dr Sabina Leung BSc MChiro

Dr Tristan Foo BChiroSc MChiro

Dr Daniel Choi BChiroSc MChiro

Our chiropractors are all trained in manual and non manual adjusting and work together focusing on improving spinal, muscular and neural balance in order to reduce symptoms but ultimately improve the overall health of our patients.

OUR FRONT DESK STAFF

Rob, Mary, Isabel, Alison and Cooper

CLINIC HOURS AND SERVICES

Consultations are by appointment. We try very hard to adhere to appointments, however, the nature of chiropractic is that emergencies and circumstances sometimes mean we run behind time. Please feel free to call and check.

CHIROPRACTIC

Monday	10.00am – 7.00pm
Tuesday	10.00am – 7.00pm
Wednesday – Friday	10.00am – 7.00pm
Saturday	8.00am – 12.00pm

Your health is our concern but your responsibility. If you are unable to keep your appointment, please let the clinic know as soon as possible, and be sure to make up your missed appointment. Cancellation fees apply to missed appointments or appointments cancelled without 6 hours notice.

YOUR CHIROPRACTOR

JANUARY/FEBRUARY 2026



TRAVEL
WITHOUT ACHEs



SMART SUMMER
EATING



POSTURE
TIPS FOR KIDS



SAFE
STRETCHING

Are you moving enough? Tips to stay active

We all know exercise is important, but how much is enough? And what type is best? Here are some simple, practical tips to help you stay active and healthy.

Why movement matters

Regular physical activity is essential for overall well-being. The more you move, the greater the potential benefits for your body and mind. Being active may help:

- lower the risk of heart disease and type 2 diabetes
- improve blood pressure, cholesterol, and blood sugar levels
- lower the risk of some cancers and support recovery
- maintain a healthy metabolism and weight
- strengthen muscles and bones
- improve mental health and reduce stress.

As we age, metabolism naturally slows due to a combination of muscle loss, hormonal changes, and lifestyle factors. This means we burn fewer kilojoules, even when doing the same activities as before. Regular activity and strength-building exercises become increasingly important for maintaining muscle, bone density and general health.

How much exercise is enough?

Everyone's activity needs are different, and factors like age, health, and fitness level all play a part. In general, adults under 64 are encouraged to be active most days and include a mix of aerobic exercise, strength training and stretching throughout the week. Adults over 64 also benefit from daily moderate physical activity, strength exercises and gentle balance and flexibility work to help maintain mobility and stability.

Aerobic movement can include moderate activities such as brisk walking, swimming, cycling, gardening, or structured workouts. Vigorous activities — like running or stair climbing — offer an added challenge for those who are comfortable with them.

No matter your age, it's important to break up long periods of sitting by standing, stretching, or taking short walks.

Tips to stay active every day

Long breaks from exercise can reduce fitness levels, so it helps to keep activity regular. It doesn't need to be complicated — try these simple ideas:

• **Start small and stay consistent.** Short sessions build the habit. Add time or intensity gradually, consistency matters more than intensity in the early stages.

• **Set challenges to stay motivated.**

Track your progress, aim for new personal bests, or try slightly harder routes or strength as you improve.

• **Mix up your routine.** Switch between easier and harder days and vary activities to stay interested, lower your injury risk, and get a well-rounded workout.

• **Choose activities you enjoy.**

Whether it's dancing, hiking, or swimming, doing what you love makes it easier to stick with it. Music or podcasts while exercising can help keep you engaged.

• **Move with others.** Joining a walking group, sports club, or fitness class can make exercise more enjoyable and motivating.

If you're unsure how to stay active safely, or need ideas that suit your health and mobility, we can guide you based on your individual needs.



Our newsletter is free - please take a copy with you

Keeping the kilos off: simple summer strategies

Summer holidays are filled with celebrations and delicious food. Between barbecues, festive gatherings, and relaxed catch-ups, extra kilos can creep up on you. But maintaining a healthy weight doesn't mean missing out. These simple steps will help you enjoy summer and protect your waistline.

Prioritise protein

Protein helps you feel full and keeps hunger in check — plus your body uses extra energy just to digest it!

Include a source of protein in every meal and snack, such as lean meat, fish, eggs, tofu, legumes, yoghurt, nuts, and seeds. Keep portions moderate rather than large to avoid extra calories.

Feeling full with fibre

Fibre is wonderful for weight management, it slows digestion and helps you feel full for longer. Fill up with vegetables, salads, fresh fruit, beans, wholegrains, nuts, and seeds to stay nourished and satisfied.

Sip smartly

Alcohol has no nutritional value and adds calories without satisfying hunger. Festive alcoholic drinks can add up quickly, so sip slowly and alternate with water. Avoid drinking on an empty stomach and choose lower-calorie options such as wine spritzer and light beer.

Don't ditch dinner

Skipping meals — especially dinner — often leads to overeating later. Stick to regular meals with a balanced mix of protein, carbohydrates, and healthy fats.

Moving matters

Activity burns calories, improves mood, and helps your body use energy efficiently. Even a short walk can curb cravings. You don't need intense workouts — just aim for plenty of movement every day. A 30-minute walk, swim, gardening, or even housework all counts.

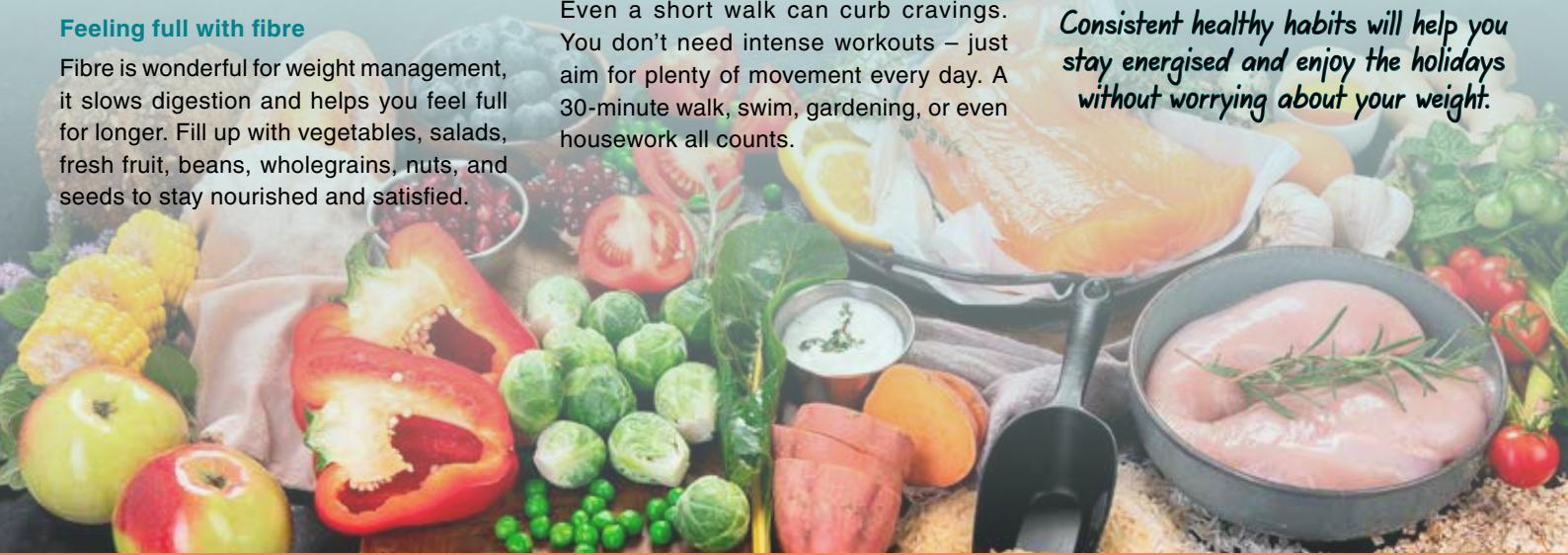
Socialise sensibly

Consider your choices carefully when dining out. Choose dishes with plenty of vegetables or salad and lean protein, and go easy on high-calorie extras like rich sauces or desserts. This approach boosts nutrition, controls portion sizes, and helps prevent impulsive eating.

Sleep sensibly

Poor sleep increases appetite by raising the hunger hormone ghrelin and lowering leptin, which signals fullness. When you're tired, your body wants extra energy, often from high-calorie foods. Aim for 7–8 hours of sleep each night and keep bed times consistent, even during holidays.

Consistent healthy habits will help you stay energised and enjoy the holidays without worrying about your weight.



WORD SEARCH PUZZLE

ACTIVITY	MUSCLE
ALIGNMENT	NECK
BACK	NUTRITION
BACKPACK	POSTURE
CHOLESTEROL	PROTEIN
CIRCULATION	SALAD
CORE	SHOULDERS
DIABETES	SLOUCHING
FATIGUE	SPINE
FIBRE	STRENGTH
HIPS	STRESS
INFLAMMATION	STRETCH
LUMBAR	TENSION
METABOLISM	VEGETABLES
MOVEMENT	WALKING

W	V	A	L	I	G	N	M	E	N	T	G	C	M
N	F	N	M	O	V	E	M	E	N	T	I	O	E
S	O	O	C	N	N	B	R	L	X	R	S	G	T
H	E	I	A	H	A	O	U	O	C	C	T	N	A
O	R	T	T	C	O	M	I	U	C	M	R	I	B
U	U	I	K	A	B	L	L	S	U	J	E	H	O
L	T	R	K	A	M	A	E	S	N	K	N	C	L
D	S	T	R	C	T	M	C	S	P	E	G	U	I
E	O	U	V	I	E	L	A	K	T	I	T	O	S
R	P	N	O	T	E	N	C	L	P	E	H	L	M
S	U	N	E	U	G	I	T	A	F	A	R	S	D
Z	I	S	E	T	E	B	A	I	D	N	C	O	Q
V	E	G	E	T	A	B	L	E	S	O	I	K	L
Y	T	I	V	I	T	C	A	S	S	E	R	T	S

Straight talk about kids' posture

Children's spines are constantly developing and adapting. But today's habits—heavy school bags, screen time, and too much sitting—can challenge even the most resilient backs. The good news is that even small, consistent changes can make a big difference.

The screen slump

Screens are part of life, but how they're used matters. "Tech neck" (forward-head posture) and slouching increase muscle fatigue and place extra strain on the spine, neck, and upper back.

Set up for success. Position screens at eye level whenever possible. Use a desk and chair where feet rest flat on the floor and elbows, ankles, knees, and hips are around 90 degrees. Encourage regular movement breaks—even just two minutes of stretching or walking helps to reset posture.

The backpack burden

School bags can be surprisingly heavy. Students should carry less than 10% of their own body weight. Heavy or uneven

loads place strain on spines, shoulders, and hips, increasing the risk of injury, fatigue, and pain.

Choose a backpack with wide, padded straps and wear both—not just over one shoulder. A waist strap can also help take the load off the shoulders. Pack heavier items closest to the spine and regularly clear out unnecessary items.

Sleep position matters

Young children and teenagers spend many hours sleeping, so encouraging supportive sleep positions can help reduce unnecessary strain on the spine.

Back or side sleeping generally promotes better spine alignment, especially with a supportive pillow. Front sleeping can twist the neck and place strain on the spine.

Choose a pillow that maintains the neck's natural curve, and replace it when it loses shape.

Movement: the main ingredient

Perhaps the most crucial factor is keeping

active. Movement is vital for strong muscles, bones, and joints. Long hours of sitting can contribute to stiffness and weakness.

Growing bodies need a variety of movement to develop strength, coordination, flexibility, and healthy movement patterns. Sports, dancing, playground time, and outdoor games are all great options.

If your child has posture concerns or persistent back or neck discomfort, seek guidance early to support healthy spinal habits.

How to stay flexible without strain or pain



Why stretching matters

Stretching improves flexibility, supports healthy movement, and may reduce your risk of injury. However, if you stretch incorrectly, it can do more harm than good. Let's take a closer look.

Incorrect stretching

Muscles act a bit like elastic bands—they stretch and return to shape. But just like an elastic band can be pulled too hard, muscles can also be damaged if overstretched.

Stretching too hard or without warming up can cause tiny tears in the muscle fibres. Unlike the controlled micro-tears from strength training, these accidental tears can lead to soreness, weakness, or mild inflammation. Fortunately, complete tears are rare—most people feel discomfort and stop before this occurs.

Is bouncing during stretching ok?

Bouncing while you stretch is generally not recommended for most people. It's sometimes seen in sports, but it could increase the risk of muscle strains, tears or joint injury.

Unless you're following professional sports guidance, it's safer to use slow, steady movements and hold each stretch gently. This is called static stretching.

How often and what to stretch?

Aim to stretch at least two to three times a week. If you're active or want to improve

flexibility, daily stretching is even better. Just a few minutes each day can help circulation and keep your body moving well. Stretch muscles that feel tight or that you use most: neck, shoulders, back, hips, legs, and calves. Don't forget wrists and ankles! Stretch both sides evenly.

Safe stretching tips

- Stretch after warming up or after a workout.
- Move slowly and breathe deeply as you stretch.
- Hold each stretch for 15–30 seconds.
- Stop if you feel pain—stretching shouldn't hurt.
- Regular stretching maintains flexibility.

Remember stretching should feel good!
If you're unsure how to stretch, we can work with you to help tailor a routine that suits your body and goals.

GARDEN FRESH WELLBEING SALAD

Make this healthy, vibrant salad a staple for those sunny summer picnics or BBQ gatherings. Packed with nutritious ingredients, it's both refreshing and satisfying.

INGREDIENTS

- 4 cups mixed leafy greens (e.g., baby spinach, kale, and lettuce leaves)
- 1 large orange, nectarine or peach (chopped)
- 1 cup cooked quinoa
- ½ cup cooked chickpeas
- 2 Tbsp. chopped fresh parsley
- ¼ cup pumpkin seeds or sunflower seeds

- ¼ cup dried cranberries (or chopped dried dates)
- ¼ cup crumbled feta cheese (optional)

INSTRUCTIONS

1. In a large bowl, combine the leafy greens, parsley, quinoa, chickpeas, and orange segments.
2. Add seeds, cranberries or dates, and feta (if using).
3. Toss gently to mix and pack in a portable sealed container.
4. Drizzle with olive oil and balsamic vinegar, or your favourite dressing, just before eating to keep the greens crisp.

OPTIONS:

Toss in some chopped avocado if desired, just before serving.





PRACTICE UPDATE

ON ARRIVAL AT THE CLINIC

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

• • • • •

Travel smart: preventing post-travel stiffness

You've finally arrived! But as you unfold yourself from the car, plane, or bus, your body may feel stiff, tight, and uncomfortable. Understanding why you feel like you've 'seized up' and how to prevent or ease it, can transform your travel experience.

Sitting still: why your body rebels

Prolonged sitting creates the perfect conditions for stiffness and discomfort! The human body is designed for movement, and staying in one position for too long triggers a range of changes.

Blood circulation slows, which reduces the delivery of oxygen and nutrients to muscles and joints. Fluid can pool in your legs, causing mild swelling. Meanwhile, some muscles tighten from inactivity, and the muscles that support your spine gradually tire, making it harder to maintain a comfortable posture.

Prevention: in-transit tips

The best approach is to keep moving whenever you can. On flights or buses, stand and walk the aisle every hour. If this isn't possible, do movements like shoulder rolls, neck stretches, and pelvic tilts to keep circulation flowing. During car trips, stop for at least 15 minutes every one or two hours to stretch and move.

Adjust your seat when possible. A small pillow or jacket behind your lower back can improve lumbar support. Move your knees and ankles often, and adjust your position regularly.

Building core strength before long trips can also make a difference. Stronger abdominal

and back muscles help support your spine, making it easier for your body to tolerate long periods of sitting.

Post-travel recovery

After you arrive, resist the urge to collapse into a chair or dive straight into activity. Spend 10 minutes gently moving to restore circulation and ease stiffness.

Start with a slow walk, gradually increasing your pace. Add gentle stretches for areas that feel tight, such as hips, hamstrings, chest, and shoulders. Hold each stretch for 20–30 seconds, breathing deeply and steadily.

Most travel-related stiffness eases within a day or two. However, if discomfort persists or limits your usual activities, consider seeking professional advice. Chiropractors can assess your joints and muscles and suggest safe strategies to support recovery and comfortable movement.

Small, consistent habits, combined with professional guidance if needed, can help keep your spine and discs healthy over time.

BOOKING ONLINE

We now have an online booking service from our email address: admin@healthlinkchiroandmassage.com.au

APPOINTMENTS

Your appointment schedule is designed specifically to obtain the best possible results. Please be sure to make up any missed appointments. Should you wish to change an appointment, we would appreciate as much notice as possible so that other patients can be offered your time.

• • • • •

PHONE CALLS

Chiropractors in this practice may be contacted by phone during office hours. A message will be taken if the Chiropractor is with another patient and your call will be returned when the Chiropractor is available.

• • • • •

FEEDBACK

We are here to serve you. Please speak to your chiropractor or the staff about any concerns you may have. We see your constructive comments as helping us to help you and others.

• • • • •

APPOINTMENT REMINDER

Your next appointment is on _____ at _____
Date _____ Time _____

Disclaimer: The information in this newsletter is not intended to be a substitute for professional health advice, diagnosis or treatment. Decisions relating to your health should always be made in consultation with your health care provider.

Talk to your chiropractor first.

WAITING TIMES

Despite our best intentions, we sometimes run late! Be assured that when it comes your turn the chiropractor will not rush to catch up but will give your problem the time it deserves. Thank you for your consideration.

Our newsletter is free - please take a copy with you