

GET MOVING WITH THE BCA

for Chiropractic Awareness Week 2021!



#CAW21

? Did you know?

More than half of the British public (52%)

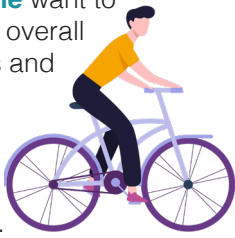
are planning to use digital fitness solutions, such as virtual personal trainers and home workout videos, to stay fit and healthy as lockdown restrictions lift.



Bupa UK revealed that **two in three UK adults** have been taking advantage of time in lockdown to exercise. However, **7.2 million** eager exercisers have potentially been hurt or injured in lockdown, with those doing online classes or PT sessions among the most likely to report injury.



Coming out of lockdown, **44% of people** want to improve their overall energy levels and **36%** want to generally get more movement into their day.



42% of people

have had more time to look after their physical health and wellbeing since the first lockdown.



Searches related to 'wellness' have **grown 21% year-on-year**.



The good news is...



- Incorporating a **few, small habits** into your home exercise routines can stop any unnecessary aches or pains from getting between you and your post-lockdown goals.
- Physical activity can reduce the risk of developing joint and back pain by **25%**.

The BCA's top tips to prevent home 'gymjuries'



1

Start small

Begin with manageable intentions to help positive habits stick.

2

Warm up

It's important to warm up before you work out. Take your body through movements such as squats and lunges.

3

Listen to your body

Don't push your body to do more than it's ready for. Take rest days if you need them, and if you're experiencing a persistent ache or niggle in the same place, seek treatment.