



Information for schools

LiveWell *Kids* is a health programme for school children, sponsored by the United Chiropractic Association.

The concept is simple; by adopting daily spinal health exercises children can reduce the likelihood of poor posture related health conditions in their adult years.

We all know that regular exercise should form part of every child's life.

The exercises in the LiveWell *Kids* programme are;

- simple, engaging and fun
- designed by a multi-disciplinary panel of experts
- based on research
- shown to be highly effective

The exercises are needed due to;

- a great deal of time spent sitting in childhood
- the increasing use of computers by children
- the time spent using gaming machines is rising
- neck strain and Repetitive Strain Injury risk from text messaging

Encouraging children to perform regular activity from an early age will help build healthy habits, benefiting postural muscles as well as fitness levels. Research shows that concentration levels and learning ability are improved with regular exercises that focus on posture and coordinationⁱ.

How the programme works;

A registered chiropractorⁱⁱ from the United Chiropractic Association can visit your school and lead the children through a short set of exercises. These can be performed wearing normal school uniform and footwear. This is a free community service.

The children will also receive a special leaflet with pictures of the exercises, guided by two friends Kate & Chris the Chiro Kids.

We will also show the children how the spine works and why it is a good idea to look after posture and spinal health.

The programme takes 20 minutes in total, split as follows:

1. 'What is your spine like?'
 - Children are shown a model of the spine and are given models bones to feel and look at.
2. 'What do your nerves do?'
 - We tell the children how the nerves carry messages from the brain to the body and back again
 - We play the game 'Chinese whispers' to show how communication works in the body
3. Sit high-walk tall!

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www.uca-livewell.org

- We show the children how to sit up high at their desks and how to stand tall.
4. LiveWell exercises
- All children are given an a special LiveWell kids exercise leaflet
 - First we demonstrate the exercises with the teachers
 - Next we do the exercises again with the children
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To remind children of the importance of good posture and to do the exercises regularly we can provide the school with eye catching posters and follow up visits if required.

This whole programme is provided as a community service and is completely free of charge.

For more information please contact your local UCA chiropractor via the [link here](#) or call the campaign team on 0845 257 0787.

ⁱ TES April 2005

ⁱⁱ Chiropractic is regulated by the General Chiropractic Council www.gcc-uk.org The Chiropractic care focuses primarily on the Spine and in particular the effect on the function of the nervous system. *Ref. ACC paradigm- Association of Chiropractic Colleges- position paper No.1 JMPT 1996;19:634.*