

INVEST IN YOUR SPINE

World Spine Day | 16 October 2025

worldspineday.org.au




AUSTRALIAN
CHIROPRACTORS
ASSOCIATION


CONSULT
A CHIRO

How Will You Invest in Your Spine this World Spine Day?

On 16 October, Pure | Health will be joining millions around the globe to celebrate World Spine Day 2025, the largest public health initiative dedicated to raising awareness about the global burden of spinal health and disability.

World Spine Day aims to empower the public to take control of their spinal health and wellbeing, while pushing for increased advocacy and spinal healthcare resources where they're needed most.

World Health Organisation (WHO) figures indicate that over 600 million people suffer from low back pain, with that figure expected to rise in the coming decades. For this reason, campaigns such as World Spine Day are critical – they not only raise awareness but also empower communities to take control of their spinal health and advocate for better access to care.

This year's World Spine Day theme, '**Invest in Your Spine**,' is a call to action for everyone to make spinal health a priority. Investment can come in many forms; whether it be booking your next appointment with us or implementing small but powerful daily health habits into your routine.

These habits include:

- Leading an active lifestyle, with at least 30 minutes of daily physical activity
- Sitting properly on ergonomic seating
- Stretching regularly
- Limiting mobile device use
- Maintaining a healthy, balanced diet and staying well hydrated
- Getting 7-8 hours of quality sleep every night
- Taking regular breaks from sitting or repetitive activity

By consistently practising these habits, along with regular chiropractic care, you can enhance your wellbeing and protect your spinal health for the long term.

This World Spine Day, join us in promoting better spinal health for all Australians. Want to give your spine the care it deserves? Contact us at <https://www.pure-health.com.au/> or call us on 02 97977873 to book an appointment.

For more information about World Spine Day, visit worldspineday.org.au.