

## LOOKING FOR A GOOD READ & PODCAST

David recommends this podcast:



In this episode, Simon and Steven discuss topics such as, being bankrupt at 30, working his way up from the bottom, his life threatening accident and how his son's birth changed his life.



Stewart recommends this book:



'Quite Ugly One Morning' by Christopher Brookmyre is not for the fainthearted or the easily offended - this is a dark comedy, Scottish crime thriller. Well worth a read if you are into crime fiction.



USE TECHNOLOGY  
to your Advantage

### The Strong App



Strong is a workout and exercise tracker app for iPhone, Android, and Apple Watch, designed to help users improve workouts, plan training and track progress.

#### Key features include:

- **Workout Tracking:** Log exercises, sets, reps and weights.
- **Training Plans:** Create and customize workout routines.
- **Progress Tracking:** Monitor progress with detailed statistics and graphs.

We do EARWAX REMOVAL

Too much earwax can lead to:

- Blocked ears
- Earache
- Reduced hearing



We use microsuction to gently remove any earwax build-up within the ear canal. Microsuction offers a quicker, cleaner and more accurate alternative to ear syringing.

Tel: 01324 614 044

Email: [info@lifefitwellness.co.uk](mailto:info@lifefitwellness.co.uk)  
[www.lifefitwellness.co.uk](http://www.lifefitwellness.co.uk)



YOUR MONTHLY WELLBEING UPDATE

JULY 2024

Feel free to take me home.

## GEARING UP FOR GOLF SEASON

In the clinic we tend to see an increase in golf related injuries in the first couple of months after the season starts. The most common reason people get injured when returning to any sport or activity is because they do 'too much, too soon'. Golf is no different. It may seem like a low intensity exercise, but injuries are still common place.



### PREVENT INJURY BY:

- Building up to how much you play: Space out your return to play over a few weeks.
- Continue to play and practice through all seasons. This helps the body to avoid becoming 'unaccustomed' to the demands of golf.
- Try to maintain general fitness. Don't underestimate the fitness required to walk around a course for 4 hours and the impact fatigue can have on performance and injury.

Try to stay fit with activity such as walking or Pilates.

### GOLF SCREENING with Emmet

If you are needing any help to identify physical impairments that could be affecting your swing than book in for **Golf Screening** with our physio Emmet Kennedy, who has trained with the TPI (Titleist Performance Institute).

#### EMMET KENNEDY

Chartered  
Physiotherapist  
TPI Golf Screening  
trained



Life Fit Wellness

Falkirk Business Hub | Weir Street | FK1 1RA  
Kingsfield Golf & Leisure | Linlithgow | EH49 7LS

## STEWART AND EMMET at the Golf Course



Our physios Stewart and Emmet enjoyed a day out at Glasgow Rouken Glen course and afterwards celebrated with a lunch while watching the Champions League.

And the winner was - a draw!

## WHAT'S ON this August and July

### Nordic Walking Workshop

Date: Wednesday, 31 July 2024

Time: 9:30 - 11:30

Price: £30

### Strength Training Workshop

Date: Friday, 2 August 2024

Time: 9:30 - 11:30

Price: £30

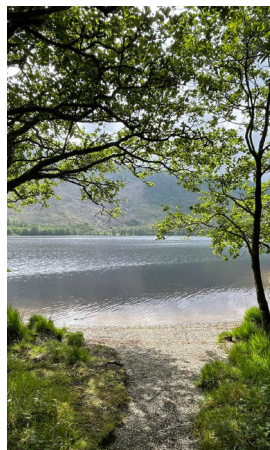
A **FREE** class is included when booking a Workshop!

[Chat to Reception to book!](#)

## Out Camping in the Trossachs

Have you ever wanted to try camping? It is a fun and affordable way to enjoy nature and spend time with family and friends. Living in Scotland we are fortunate to have some lovely camping locations and besides the midges there are plenty of good reasons to get the tent out!

A few of our colleagues had a wonderful camping weekend in the Trossachs. The paddleboards and kayaks were brought along (including life vests) and the delicious curry dinner was made at home and only needed to be reheated. All-in-all a relaxing weekend away!



# PATIENT JOURNEY

with Life Fit Wellness - meet Pearl

We love hearing from our patients about their successful recoveries and our various Life Fit Wellness services are based upon supplying patients with all their health needs in one place. Here is one patient's journey with us.

We hope Pearl inspires you with her journey to wellness.

"When I suddenly became unable to walk, I heard from a friend about their successful treatment of a shoulder injury at Life Fit Wellness and I called to arrange a scan on my right hip. The scan was done by **Stewart and showed a tear in the muscle** but also a problem with the implant prosthesis in the hip.

Stewart recommended seeing an orthopaedic surgeon who recommended rest for 6 weeks prior to a follow up appointment to assess whether an operation would be necessary.

In the meantime, I followed a **six-week programme with John** to maintain and improve upper body strength while unable to do anything else.

Fortunately, my walking improved and the surgeon recommended that I start playing tennis again and worked on improving the muscles in the hip area. **Stewart devised a programme** that I have followed fairly religiously. After a couple of months John did a **Kinvent test** with me that highlighted where extra effort was needed. A further Kinvent test **6 weeks later showed that strength in both legs was now more even.**

Currently I am walking 5 or 6 miles a day and playing tennis and padel almost every day (as well as still doing the exercises). I am no longer attending **Life Fit Wellness** but know that Stewart and John are there at the end of the phone if I have any problems."

## MEET OUR NEW TEAM MEMBER: Robin McNelis

We'd like to welcome **Robin McNelis** to the Life Fit team!

Robin is a **Cardio Respiratory Specialist Physiotherapist and Long Covid specialist**, who can see a range of conditions related to breathing including: Asthma, Long Covid, Bronchitis and Performance breathing for athletes.

