

LOOKING FOR A GOOD READ & PODCAST

Arlene recommends this Book:



One for lying on your sun lounger, but you will need somewhere for your tissues! 'The Kite Runner' is a great read and there is also a movie if you prefer. His two other books 'A Thousand Splendid Suns' and 'And the Mountains Echoed' are



Stefan recommends this Podcast:

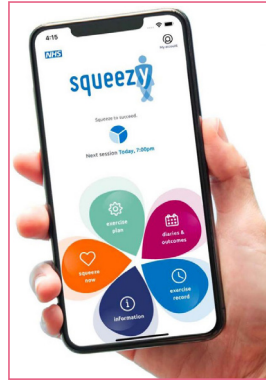


'Diary of a CEO: Health Experts are Wrong about Calories with Layne Norton' is an informative podcast for the greater public. There are moments when the science can be quite heavy, but many great take-aways within!



USE TECHNOLOGY
to your Advantage

GET SQUEEZY FOR YOUR PELVIC EXERCISE



Pelvic floor muscle exercises are effective as a first-line treatment for a variety of bladder, bowel and pelvic floor issues. The Squeezy app is a terrific way of keeping track of your exercises and gives you the encouragement you need to ensure you do the exercises regularly. Another benefit to Squeezy is that if you have a programme from your Pelvic Health Physio, it can work alongside the app to help you stick to your plan.

We do **EARWAX REMOVAL**

Too much earwax can lead to:
Blocked ears • Earache
• Reduced hearing •



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

JUNE 2024

Life
Fit
WELLNESS

YOUR MONTHLY WELLBEING UPDATE

PELVIC ORGAN PROLAPSE

Awareness Month

No one wants to be inhibited from enjoying life and doing what they want to do because of pelvic health issues. However, our pelvic health isn't something we think about until we experience some of the debilitating symptoms brought on by a Pelvic Organ Prolapse (POP).



WHAT IS A PELVIC ORGAN PROLAPSE?

A vaginal prolapse happens when the supporting structures and muscles in the vagina are too stretched or weak to keep the vaginal walls in place. This can be caused from pregnancy and childbirth, a chronic cough, heavy lifting and constipation or straining when going to the toilet.

WHAT CAN YOU DO TO PREVENT AND LESSEN A PROLAPSE?

1. Strengthen the muscles that support pelvic structures: practice Pelvic floor exercises, and yoga and Pilates are especially helpful.
2. Eat high-fibre foods.
3. Try drink at least 1,5L to 2L of water per day.

Avoid caffeinated drinks, fizzy drinks, fruit juices and alcohol as these can irritate your bladder.

WE CAN HELP

If you are concerned that you may have a prolapse then please give us a call to book an appointment with Kate Leishman who runs a Pelvic Health clinic at Life Fit Wellness. There are many treatments she can apply which could make a significant difference to your quality of life. Also, visit our website for more info.

KATE
LEISHMAN

Chartered
Physiotherapist

Pelvic Health
Specialist



COMING THIS SUMMER...

STRENGTH TRAINING WORKSHOP

with John Hesketh

Are you up for a fun Strength Training Workshop! You can expect step-by-step guidance from our experienced fitness coach John Hesketh, who will be using his 12+ years experience within strength and conditioning to help you get the most out of your gym sessions.

The Workshop will focus on fundamental strength training exercises tailored specifically for beginners to intermediate lifters. This will be a fantastic way for women to learn more about strength training. Research has shown how beneficial resistance and strength training is for women as they get older, so now is the time to grasp all the knowledge you can and use it in your own workout sessions.

Learn how to do squat and deadlift variations and many other upper and lower body exercises using common barbell and kettlebell exercises. This is all about technique and how to maximize results and prevent injuries. Our comprehensive approach covers all the essentials and will be a great precursor for attending the regular **Strength Conditioning classes** we will be holding in the near future. **Please contact Reception to register your interest.**



NEXT NORDIC WALKING WORKSHOP - Wednesday, 26 June 2024



Summer is the perfect time to pick up Nordic Walking so join us for our next Workshop on **Wednesday, 26 June 2024 from 6pm to 8pm.**

Nordic Walking is a terrific way of getting a **full-body workout** while providing all the mental health benefits of being out in nature.

The Workshop fee is £30 and includes a free Nordic Walking class. These are held in Callendar Park every Tuesday at 1:30pm and Wednesday at 5:30pm. Chat to Reception to book.

The TEAM has been out & about at... **The Anatomist**

The Life Fit team had a fun time at The Anatomist Escape Room in Edinburgh. Alongside is a picture of one of the teams who say they escaped - but did they?



If you are looking for a mind-twisting outing, we can highly recommend this group event.



GET TO KNOW THE TEAM

meet Stewart Kerr

Clinical Director
Advanced Practice Physiotherapist
MSK Sonographer

What made you go into physiotherapy?

I didn't go straight into physio despite having an interest in it from my sporting activities as a kid. Instead, I had a false start with Chemical Physics, then did a degree in Sport & Exercise Science and at this point, having had the benefit of some life experience, I decided physio was the path for me. I then did a Masters in Physiotherapy and haven't looked back!

What brings you the most joy (not work related)?

Family, food, friends and fitness!

Favourite party trick / unusual skill?

Hyperextending my elbow to make it look as if it's stitched on backwards!

Favourite sport?

I have to say badminton even though I don't play anymore, but it gave me so much life experience, lifelong friends and my wife! Plus it's how I met David Bowmaker!

What's the last new thing you tried?

Thai beef salad at the weekend.

If you had to spend £10 000, how would you spend it?

Holiday: either Canada or The Maldives.

What's something on your bucket list?

Play my drums in a band again, try Padel tennis, re-visit places I travelled with badminton but didn't get a chance to fully explore, i.e. Budapest, Latvia, Copenhagen, Madrid, Malaysia.

Would you rather win an Olympic medal or Nobel prize?

I've always been pretty split between academic and sporting interests, so this is a tough one, but I'm going to say Olympic medal.

Favourite food?

My favourite thing about food is trying new stuff, but if I had to pick one (and it is a bit pretentious!) but I'm going to say the signature Lobster at Andrew Fairlie's at Gleneagles because there is a personal connection through one of my closest friends.

