

LOOKING FOR A GOOD READ & PODCAST

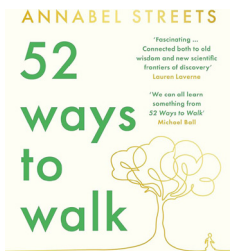
Paul recommends this podcast:



In this Zoe podcast, Dr. Sarah Berry explains the differences between 'good' and 'bad' cholesterol, discusses how cholesterol can impact your health, and shares tips on maintaining healthy cholesterol levels.



Jackie recommends this book:

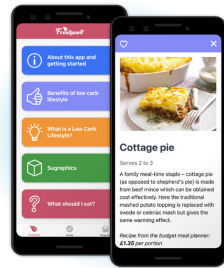


If you are wanting to get inspired by all the benefits of a walk than '52 Ways to Walk' will be all you need. It focuses on how our vision, hearing, respiration, sleep, cognition, memory, blood pressure and balance are all enhanced by how we walk.



USE TECHNOLOGY
to your Advantage

Freshwell App

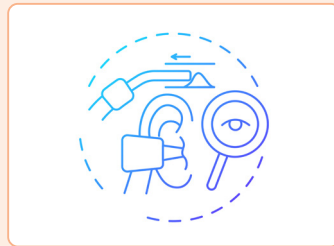


The Freshwell project grew out of concern in the rise of type 2 diabetes alongside the increase in obesity in the UK population. The Freshwell app allows you free access to a low-carb diet which has been shown to help with weight-loss and inflammatory diseases.

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.**



OCT 2024

Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

OSTEOARTHRITIS

It is National Arthritis week this October and the aim is to encourage early diagnosis, access to treatment and improved quality of life for those living with arthritis. Osteoarthritis is a degenerative joint disease whereby the protective cartilage on the ends of your bones breaks down, causing pain, swelling and problems moving the joint. Bony growths can develop and the area can become swollen and red.

Possible treatments for Osteoarthritis

Gait aids and braces: Offloading pressure from the joint with braces for the knee can help manage pain.

Exercise is very effective for managing pain and ensuring you keep moving. Look into Pilates which is a low-intensity exercise and works the entire body.

Physiotherapy can provide advice and education on exercise, pain relief and ways to manage your condition.

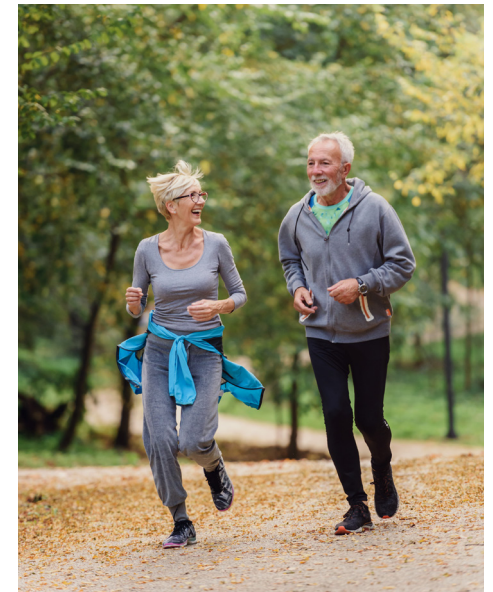
Corticosteroid injections (ie. steroid or cortisone injections) are anti-inflammatory drugs that help reduce pain, swelling and inflammation.

Sodium hyaluronate injection is a natural substance. It is present in the body wherever moisture is stored or lubrication between layers of tissue is required to eliminate friction. It is found in synovial joints and acts as a shock absorber, lubricant and molecule filter.

LIFE FIT IS HERE TO HELP

Life Fit Wellness offers many solutions for anyone who suffers from **Osteoarthritis**, this includes: **brace fitting** (we use Enovis), **injections**, **1-1 exercise coaching**, **group exercise classes** and **physiotherapy**.

Chat to us to find a pathway that will be the **best solution for you**.



More about our ultrasound scan and ultrasound-guided injection clinic

This service is for conditions of the upper and lower limbs where a large variety of conditions can be assessed and treated including **tendon, joint, ligament, muscle and nerve issues.**

The clinic is run by **Stewart Kerr** (Advanced Practice Physiotherapist, Sonographer & Injection Therapist). In your **hour long consultation** you will have the opportunity to discuss your problem, have a thorough clinical examination and, if required, an ultrasound scan can be undertaken.

Once the examination process has been completed you will be offered advice on the best treatment and management options for you. This may include a **joint or soft tissue injection, rehabilitation and management advice.** Best of all, this can all be done in the same appointment.

Support Strathcarron 10K
this October



Life Fit Wellness is proud to be sponsors of the **Strathcarron Hospice 10K.** Look out for our **Niggle Clinic** tent which will be set up at the finish line for **runners who need a massage.** Wishing all runners good luck including our very own **Fitness coach John!**

WHAT'S ON at Life Fit Wellness

Men-on-Mats:

Join us for Move-ember

Pilates is not only for women! Famous athletes such as David Beckham and Andy Murray have all benefited from the **improved flexibility and strength Pilates exercises** provide. This November we will be encouraging all men to give it a try!

Check in with reception for more info about our upcoming November **Pilates plans** in support of our **Men's Health Awareness month.**

New Strength Training class

Get to grips with the the basics of strength training with a **1-1 or 2-1 session** with John before joining in the regular **Monday Strength training class.** Chat to reception to book a suitable time.

Strength class every Monday
Time: 1pm - 2pm

Nordic Walking sessions

Don't let the darker evenings keep you indoors this Autumn! Enjoy our **Nordic Walking sessions** that are held at Callendar Park on:

Tuesdays at 1:30pm
Wednesdays at 5:30pm

For any **class bookings or queries,** please chat to the **Reception team.**

PATIENT JOURNEY

with Life Fit Wellness - meet Moira

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 under one roof. Here is the story of one of our patient's journey with us. We hope Moira inspires you with her pathway to wellness.

What was your first treatment with us and what was the reason?

My first treatment was many years ago for a bad back which was impacting on my ability to work. However recently I felt a 'pop' in my arm (when wringing out a wet cloth!) and my whole upper arm was bruised and sore. It turned out I had torn my Rotator Cuff.

How long did it take for you to feel like you made some progress?

I had an ultrasound scan which confirmed the diagnosis and I was offered an injection to help with the pain. The pain subsided very quickly after the injection and I was pleased that the diagnosis, scan and injection were done in one appointment, without the need for further medical intervention.

Did you receive exercises to do at home, and if so, what motivated you to do them?

I was given exercises to do at home as well as a video of the exercises which meant I could check that I was doing them properly. I was motivated to do the exercises as the pain was impacting on my work and my ability to do my sport.



What other activities / treatments have you experienced in Life Fit Wellness?

My understanding is that my rotator cuff will not repair so I must build up the muscles in my shoulder. It was suggested that I may want to join a Pilates class to help with my injury, general fitness and mobility. I now attend a Chair Fit Pilates class and the Fit-to-Function Pilates class each week. I feel they compliment each other and I benefit from attending them both. The classes are tailored to individual needs which is reassuring and I enjoy sharing the class with other clients of Life Fit who have similar health issues.

What is your motivation for continuing to make your health a priority?

I do feel that my health is my responsibility and the more I can do to age well will be beneficial. I also trust the practitioners at Life Fit Wellness and feel they offer a great service which I can tap into when needed.

Well done Moira for continuing to take the time to exercise and look after yourself!