

LOOKING FOR A GOOD READ & PODCAST

Kate recommends this Podcast:

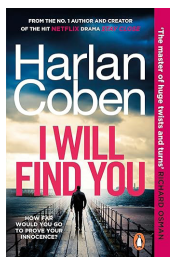


Magnesium & the Menopause S5: Ep 2

Magnesium is a magnificent mineral and a mega multitasker. This podcast focuses on different forms of magnesium in supplements and Andrew explains the difference between them, and why certain forms may suit some people better than others.



Katy recommends this Book:



David and Cheryl Burroughs are living the dream - married, a beautiful house in the suburbs, a three-year-old son named Matthew - when tragedy strikes one night in the worst possible way.



USE TECHNOLOGY
to your Advantage

The '1% Club' App



Keep your brain active with the 1% Club quiz! No swotting up on general knowledge is required to do well. Do you have what it takes to answer a question only 1% of the country would get right? Play along with the hit ITV gameshow that is loved by millions plus access more questions and exclusive games only available on the #1 ranking app.

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.**



MARCH 2025
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

WOMEN'S MONTH

BE YOUR BEST SELF

This month is all about celebrating the women in our lives and, if you are a woman, understanding what is the best way to look after yourself and live your best life.

When it comes to taking care of yourself, this will be as individual as your are. What someone may find relaxing or fun could be completely out of your comfort zone. The important part is to find what you enjoy and continue to do what makes you feel good and fits into your life, whether that's Pilates and meditation, or walking and reading, find what works for you and keep at it! Stay consistent until it becomes a habit.



FOLLOW THESE HEALTHY PRACTICES to live your best life:

EXERCISE: Get movement into your life. This can be anything from going for a daily walk to going to the gym for a tough workout. Do what you enjoy and keep doing it - that is the key!

STAY HYDRATED: Our bodies are made up of approx. 60% water. In order to function optimally drink at least 2 litres of liquid per day.

SLEEP WELL: This one is an important one. Get at least 7 hours sleep per day and if it isn't quality sleep then look to a professional who may be able to help you.

WATCH YOUR CAFFEINE INTAKE: Too much can lead to anxiety, headaches & will impact the quality of your sleep.

MINDFUL: What can you do to be mindful everyday? Is it listening to music, meditating, reading a book or writing in a journal? Can you make it habitual, either at the start or end of the day? Find what helps you be present and grateful each day.

Life Fit Wellness

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Kingsfield Golf & Leisure | Linlithgow | EH49 7LS

Tel: 01324 614 044

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www.lifefitwellness.co.uk



PILATES, YOGA AND NORDIC WALKING RETREAT in Italy

Do you need a bit of **self-care** and would like to have something to look forward to this year? Then retreat to Italy and the beautiful **Masseria Fontanelle Hotel** to enjoy a slower pace of life while enjoying beneficial exercise sessions that will make you feel relaxed, rejuvenated and strong!

Price: £1350 (pp/pw) in a double room. :
Double room use as a single is £1850 (pp/pw).

For all the details contact Guiseppe or our Pilates instructor Valentina for more information:

Guiseppe tel: 07901 500 132
Email: giusecin70@gmail.com

Valentina tel: 07724 923 302
Email: valenp68@gmail.com

DATES:

- Saturday, 27 September 2025 to Saturday, 4 October 2025 (7 nights)
- Saturday, 4 October 2025 to Saturday, 11 October 2025 (7 nights)



STEWART KERR teaches Ultrasound-guided injections in Manchester

Stewart Kerr, our resident ultrasound-guided injection guru, was teaching a course on ultrasound-guided injections in December and January. The course was to educate those students new to ultrasound-guided injections the foundation skills, which were done initially online, followed by a practical session at the Manchester Surgical Skills and Simulation Centre. The delegates were from all over the UK and included surgeons, sports doctors, GP's physiotherapists and podiatrists.



GET TO KNOW THE TEAM - PHYSIO Morven Murray

What is the dumbest way you've been hurt?

Despite having many rugby injuries, one of the most annoying ones was a meniscal knee injury I sustained when I fell down a hole walking my dog – never had an issue with my knees when playing rugby!

Would you rather stay in or go out on a Friday night?

Stay in every time!

What is the greatest risk you have ever taken?

Sky diving when solo travelling in New Zealand – not a fan of heights but was on the bucket list!

What made you become a Pilates instructor and Physiotherapist?

Physio: it was a toss up between this and medicine and I am not great with blood so physio it was!

Pilates: I saw the benefit the principles gave in my physiotherapy practice and wanted to explore this further.

What are the songs that make you sing along whenever you hear them?

Anything by Tina Turner or Celine Dion or any 90's Power ballads!

What period would you travel to if you were given a time machine?

I am actually really interested in the Elizabethan period, but not sure I could handle all the violence!

Favourite food?

A well-cooked fillet steak.

Favourite sport and why?

I should say Aussie Rules as I now play it, but my favourites got to be rugby!

Where is your all-time dream vacation?

I would love to explore more of Australia as I only managed the east coast when I lived in New Zealand. So back to Australia and finish up in New Zealand!



Morven Murray
Chartered
Physiotherapist &
Pilates instructor