

## LOOKING FOR A GOOD READ & PODCAST

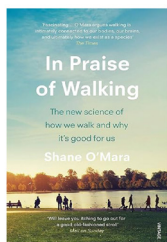
Stefan recommends this Podcast:



The episode **'Why muscle matters & how to build it'** helps you determine if you have enough muscle, if its functioning well, and the protocols to improve muscle quality and quantity. You will understand why skeletal muscle is so essential to care for and how to enhance muscle quality for your longevity.



Arlene recommends this Book:

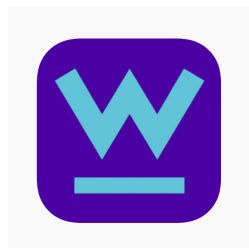


In this hymn to walking, neuroscientist Shane O'Mara invites us to marvel at the benefits walking has on our bodies and minds, and urges us to appreciate - and exercise - our miraculous ability.



USE TECHNOLOGY  
to your Advantage

'We are Undefeatable' App



Find out how to **get active whilst living with a health condition**. The **'We are Undefeatable' app will support and encourage you to find ways to be active that can work for you and your health condition**. Have a look on their website for all of the conditions they cater for and once you have completed a registration form you will be sent a set of exercise programmes which work with your condition. Keep moving!

We do

### SPORTS MASSAGE

BENEFITS:

- Increase mobility • Prevent injury
- Aid recovery • Reduce tension



**Sports massage** offers a combination of soft and deep tissue techniques to aid in **recovery and rehabilitation**.



APRIL 2025  
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

## ACTIVE APRIL

### NORDIC WALKING & RUCKFIT: GET YOURSELF OUTDOORS

Are you someone who enjoys working out in the outdoors? If you are, then we have just the exercise to suit your abilities and fitness levels.

#### Nordic Walking explained

The British Nordic Walking association describes Nordic walking as, "This walking technique uses poles to work your upper and lower body and is a highly effective all over workout that doesn't feel like one!"

If you want a gentle, but effective workout then Nordic walking is perfect for you. Enjoy the chance to be outdoors with like-minded people and get some fresh air!

#### BENEFITS of Nordic Walking

- Burn around 20% more calories compared to walking without poles.
- Release tension in your neck and shoulders.
- Improve your posture and gait.
- Strengthen your back and abdominal muscles.
- Reduce the impact on your joints.

#### RuckFit explained

Whether you are fit or not, a RuckFit class is the challenge you have been waiting for! With a weighted bag you will be taken through a sequence of exercises using the outdoors as your gym. Expect a good workout that will build your strength and endurance.

#### BENEFITS of RuckFit

- Improve cardiovascular health.
- Increased strength and muscle.
- Burn up to 3 times more calories than walking.
- Build mental resilience.
- Builds leg, core and back muscles.
- Improves posture and balance.



Life Fit Wellness

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# Parkinson's Disease Awareness Month

## The Importance of Exercise

The **benefits of many types of exercise** for people with Parkinson's has been re-searched extensively and **shown to manage disease symptoms**. A 2022 review of 'Nordic walking in People with Parkinson's' showed improved walking ability and quality of life.

Parkinson's is a progressive neurological disorder. It is unfortunately the **fastest growing progressive neurological disorder** in the world.

### The main symptoms of Parkinson's are:

- Involuntary shaking of particular parts of the body (tremor)
- Slow movement
- Stiff and inflexible muscles

A person with Parkinson's can also experience a wide range of other physical and psychological symptoms.

### These include:

- Depression and anxiety
- Balance problems (increased risk of falls)
- Loss of sense of smell (Anosmia)
- Problems sleeping (Insomnia)
- Memory problems

## Nordic walking and Parkinson's

Nordic walking is a form of physical activity where regular, natural walking is enhanced by the addition of specially designed Nordic walking poles. Nordic walking addresses **normal walking, coordination, balance, joint mobility, strength and endurance**.

In 2024, our Life Fit team held a study to see how Nordic walking benefits our participants and we found improvements in their balance, range of movement, strength, coordination and walking speed.

### Why Nordic walking is a suitable exercise intervention for Parkinson's:

- Easy to access.
- Group socialisation.
- Connection to nature.
- Can easily grade intensity, volume and frequency.
- Can be done alone.



## Interested in joining our Nordic walking and RuckFit classes?

### Nordic walking

**Time:** 9:30am

**Where:** Bo'ness

**When:** Every Tuesday

### RuckFit

**Time:** 5:30pm

**Where:** Callendar Park

**When:** Every Wednesday

## More about our exercise classes...

### Pilates Mat & Reformer Circuit classes

Get on your mat for a **full-body workout using our various props** that will ensure each class keeps you coming back for more! See your **flexibility and strength improved** while giving you a fun, small class environment to enjoy! Ask for a time table for our **Falkirk and Linlithgow classes or look on our website**.



### Chair Fit classes

Predominantly **chair based**, this class uses some **elements of Pilates combined with strengthening, stretching and balance work** and movements that can be adapted to suit the individual's needs and ability.

### Fit-to-Function classes

**Fit-to-Function is the ideal progression from our Chair Fit class** and allows more opportunities for standing and lying exercises in a supportive environment. Similar to our Chair Fit class, Fit-to-Function uses **elements of Pilates combined with strengthening, stretching and balance work** but offers more challenging exercises.



# PATIENT JOURNEY

## Meet Morag

Hello my name is Morag and I have been coming to Life Fit Wellness for nearly 12 years. I didn't come via the usual channels of seeing a physio and then moving onto another service.

Instead, I was diagnosed with Parkinson's Disease (PD) in September 2012. Once I got over the shock, I read on the PD website that exercise is especially important for people with Parkinson's and Pilates was recommended for its many benefits. So I did my research and found that Life Fit Wellness offered Pilates classes which suited my needs.

Since then Arlene and the team have been a great support to me, emotionally as well as physically. Arlene is particularly interested in PD and has kept me informed of new initiatives to help people with PD. In fact, last year Arlene and John ran a Nordic walking workshop specifically for people with PD, in conjunction with Parkinson's UK and Stirling University.

Life Fit Wellness is forward thinking and always looking for new initiatives to help people stay active and live well. Twelve years on and I'm still attending Pilates every week! I've also used the personal training program run by John and Nordic walking, to name but a few!

Thank you Life Fit for keeping me fit to live!

**Thank you for your motivation to look after you health Morag - we love having you as part of our Life Fit Wellness community!**