

GTHF UP2DATE



Newsletter of Gemma Taylor Health & Fitness Issue 1 - June 2023



Welcome

Hello, and welcome to this first newsletter from GTHF. Here, and in future issues, I will be sharing all the latest goings-on, thoughts, tips, exercises, accomplishments and more.

I hope that you will find it useful and enjoy the content.

What's been happening...

For the last couple of months I've been setting up my new office studio, designing / creating courses, and building my website www.gemmataylorhealthfitness.co.uk. Take a look to find out what I offer and how we can work together.

Clients can now book onto online classes, or courses (online or in person) via my page on the Gymcatch app. <https://gymcatch.com/app/provider/5921>

I hope you find something to suit you, and if you need to discuss anything just get in touch.



Coming Soon...

Blog...

I will be posting blog entries monthly on a range of topics that my business covers. Look out for posts on themes such as Caffeine, Workplace fitness, Monkey mind, How much sleep we need, etc. The first post is due mid June.

Monthly Breathing Pass...

If you want to take part in Yoga Breath sessions, this pass is a cheaper option for those who cannot afford the in-depth 1to1 course, for those wanting to continue after the course, or if you want a taster before doing the course. It gives you a month of unlimited access to on-demand videos and various live Zoom sessions.

Feature Pilates Exercise...

Spine Twist:

Works on mobility of the spine.

I love performing this exercise if I'm feeling a bit stiff or tight. It really helps to loosen up the upper body / spine, whilst working on core strength, control, posture and breath.



You can see a full video on how to perform the Spine Twist exercise here:

<https://youtu.be/WSib8mZqfB8>

Dates for the Diary...

Saturday 10th June - Global Wellness Day

“One day can change your whole life” is the motto for this day and all its events.

Depression is now considered one of the most common health problems in the world. The aims of Global Wellness Day are: to recognise the value of lives; to pause and think; to be free from everyday stress and bad habits; to make peace with yourself; and to raise awareness about living well, inspiring and motivating.

The World Health Organisation (WHO) states that ‘Wellness is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity’
On 10th June all kinds of activities will be taking place around the world to inspire people to take the first step towards making a change to becoming healthier, more active, and feeling “well”. Make sure that you are making time to take good care of yourself, pause to take a moment from all the hustle and bustle of life, and do something to help you feel well - take a bubble bath, go for a walk surrounded by nature, take a rejuvenating exercise class, have a massage, make yourself a smoothie, or anything else that makes you feel well.



Wednesday 21st June - International Yoga Day / Summer Solstice

The summer solstice happens between the 20th and the 22nd of June every year.

Many people celebrate it by getting out into nature, enjoying the outdoors, taking part in summer activities, exercising and celebrating life.

The first International Yoga Day was held in 2014. It was suggested by the Indian Prime Minister, and they chose to hold it on the summer solstice - the day with the most hours of sun/daylight.

Yoga has been around for 5000 years, and so is still fairly new to the western world. It is good for both mind and body.



I teach Yoga Breathing, the benefits of which include: reducing stress, boosting energy levels, improving sleep, focus and digestion.

Sign up for a free discovery session if you want to find out if this could help you

<https://gymcatch.com/app/provider/5921>

- ★ Watch out for my free live facebook session of midday Yogabreath on 21st June at 12 noon.

"The secret to living well is this: eat half, walk double, laugh triple, and love without measure" (*Tibetan proverb*)

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