

GTHF UP2DATE



Newsletter of Gemma Taylor Health & Fitness Issue 10 – March 2024



Welcome

This month sees the beginning of Spring arrive at last. The days are starting to get longer again and hopefully the weather might start to improve (fingers crossed).

I don't know about you, but I'm looking forward to being able to get out for more walks, enjoying the outdoors and fresh air, and maybe a bit of meditation or light exercise with nature.

Being out in the open air is so good for us, it can clear the head, be inspirational, provide us with energy, and make us appreciate things more.

Changes to GTHF...

Due to a change in work location, I won't be running online group classes for the time being. I shall still be offering all the 1:1 sessions/courses and corporate/community workshops. All bookings can still be made through GymCatch.

Feature Pilates Exercise...

The Cat Ripple:

Work on your spinal mobility with this exercise. The aim is to work through the individual vertebrae as you move upwards through the spine, from pelvis to head, ensuring each one moves in turn. You'll get a nice stretch, and really be able to focus on all your Pilates principles.



You can see a full video on how to perform the Cat Ripple exercise here:

[Cat Ripple Pilates Video](#)

Dates for the Diary...

Friday 15th March - World Sleep Day

Our sleep is extremely important and everybody should aim to get adequate sleep for their health and well-being.

World Sleep Day was created and is hosted by the World Sleep Society.

It is held each year on the Friday before the Spring equinox.

The aim is to promote sleep health awareness, contributing to health and wellness around the world.

Sleep is an essential element in our lives - and is equally as important as nutrition and exercise. The body needs sleep to perform certain functions. Poor sleep can have a very negative impact on our health and the way we function.

To mark this World Sleep Day, I am offering my Sleep Course at 25% off to anyone who signs up on March 20th. You can purchase the course at the discounted price via Gymcatch using the code 25SLEEP24 (please note the code is valid on this day only - so don't miss out!)

The 6 week Sleep Course assesses your current sleep quantity and quality and then provides you with a personalised plan to help improve your lifestyle habits and hence your sleep. You get weekly sessions with Gemma which include an educational lesson, discussions about how you are getting on with your plan, where you can ask questions and adapt anything.



Wednesday 20th March - International Day of Happiness

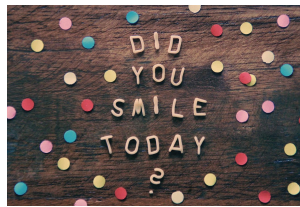
March 20th has been the International Day of Happiness since it was declared by the UN in 2012, and is celebrated annually around the world.

Happiness is a fundamental human right.

The aim of the day is to promote happiness, well-being, compassion, peace, and equity.

If you'd like to find resources on increasing happiness you can visit:

<https://www.dayofhappiness.net/>



'You are stronger than you think'

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