

# GTHF UP2DATE



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## Welcome

We're well into Spring now. The year seems to be flying by quickly as always. So don't wait any longer to make those changes you keep thinking about or meaning to do when you have a bit more time... Nothing will change if you don't make the effort now. You know you can do it! Small steps and simple changes is all it takes.

## Coming Soon...

Over the next few months, I hope to be running some one-off events. These will be workshop based, where people can come along to try out or experience different ways to improve their overall health (eg. Laughter Yoga workshop, Meditation workshop, Pilates experience). You will be able to learn techniques and exercises that will help make your lifestyle healthier, and improve your well-being. Friends and families will be able to attend and learn how to create habits and routines they can do together, increasing motivation and success. Tickets will be available to purchase online. Keep a lookout for events being advertised.

## Stress Awareness Month...

April = Stress Awareness month.

All the services I offer help to reduce stress levels and help to improve health and fitness whilst doing so.

I shall be posting information on social media throughout the month highlighting how each service combats stress, making important changes to your well-being.

What is stress?

Stress is our inability to cope.

It can be physical, mental, or emotional.

A build up of stress can affect us in many different ways, and as individuals we will probably all have different signs and symptoms, and need to treat ourselves in different ways.

With the majority of health issues being caused by stress these days, it's really important that we learn to recognise the signs when we are building up too much stress so that it starts to have a negative effect, and be able to act to reduce it, preventing health problems from arising.

## Feature Pilates Exercise...

The Double Kick:

Strengthens the whole back. It also is great for improving flexibility of the shoulders and back, and stretching the chest and neck. You will get a good leg workout, as the quads, hamstrings and glutes all have to work to create this movement. Your stamina will build up over time.

I find this exercise has a great rhythm to it, just move to your breath.

The name suggests the action - you do 2 kicks with both feet, then stretch long.

You may find you need to work up from a basic variation to the harder version - just take your time and don't try to force anything. Listen to your own body and do what feels right for your personal ability.

Tips: Try to keep the front of your hips in touch with the floor especially on the kicks - so that you increase the length of your hip flexors, and remain in neutral spine. Put something between your feet to ensure your legs are moving exactly together, and not flapping about individually. Never press down on your belly.



You can see a full video on how to perform the Double Kick pilates exercise here:

[▶ Double Kick Pilates Video](#)

## Dates for the Diary...

### Friday 5th April - Walk to Work Day

For those of us not still enjoying the Easter break, we're back at work - so why not take the chance to join in today with a walk to work.

If you live fairly close to your workplace this is easier than for those who have to commute a long way. However it's still possible to get off the train or bus a stop early and walk the remainder of the way.

If you already walk to work - maybe take a different route, or encourage a colleague to walk with you if they live close by.

You could even make it a mindful walk - really focusing on the walk itself, rather than thinking about the hundred other things you've yet to do that day. By being mindful during your walk you will more than likely set yourself up for a more productive day as you will have cleared your head and destressed, ready to be more effective in your work.

### Sunday 7th April - World Health Day

Sometimes we tend to take our health for granted. It's only when we get a problem we start to wish we'd been looking after ourselves a bit better.

Take a few moments on World Health Day to check in with yourself that you are doing everything you can to keep yourself healthy, mentally and physically.

Are there any little changes you could make?  
Make 5-10 minutes for yourself to engage in a healthy activity during the day and see what a good effect this has on your body and/or mind.

*You are never too old to set new goals, or  
to dream a new dream.*

CS Lewis

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