

GTHF UP2DATE



Newsletter of Gemma Taylor Health & Fitness Issue 2 – July 2023



Welcome

Thanks for checking in again.
It seems Summer is well and truly here - we've had some great weather over the past month, hope you've been enjoying it.

What's been happening...

I've been starting to film workout videos over the past few weeks so they should hopefully be reaching you in the very near future - I will keep updates going as to when and where you will be able to access these.

I also did my first ever Facebook live session 2 weeks ago - and hope to be doing some more live sessions in future.

Blog...

I published my first blog post mid June.

You can read it here:

www.gemmataylorhealthfitness.co.uk/blog/how-much-sleep-do-we-really-need

I shall be posting regularly, watch out for the next one in the next few weeks.

Summer Activity Ideas...

- Try out some healthy summer recipes
- Enjoy a day at the seaside
- Cook a meal on a campfire or bbq
- Take part in a scavenger hunt
- Take some photos of nature
- Go for a picnic
- Relax with some outdoor reading
- Play some outdoor games
- Go for a walk or a bike ride

The above are just a few ideas of things you can do to get active, enjoy being outside in the fresh air, spend time with family and friends, try an activity or find a new hobby, be mindful and relaxed, reduce stress and improve your overall health.

Remember to hydrate, wear your sunscreen, be careful with fire, take nothing but photos and leave nothing but footprints.

Feature Pilates Exercise...

The Hundred:

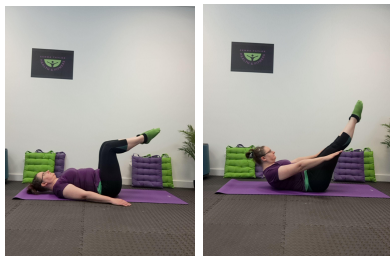
Works on core strength.

The 100 builds core strength, and challenges the abs. Also good for stability and stamina.

It gets its name from the 10 breaths and the 100 arm beats you complete.

This is an exercise that takes time to build up through the difficulty levels.

Remember to work at the level where you can maintain perfect technique.



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

<https://youtu.be/F7b9j0jjiWs>

Pilates for Crosstraining...

This month sees a wide range of sporting events being held:

1-23 July = Tour de France (cycling)

3-16 July = Wimbledon (tennis)

8-9 July = UK Athletics Championships

20-23 July = Open Championship Golf

If you feel inspired by watching any of the above, why not try out some of these sports? They can be great fun and not too expensive.

Most are sociable and can be done with family or friends. What better way to increase your activity levels than to be outdoors having fun?

Pilates is an excellent way to cross-train for sports too. It builds up your core strength and lean muscle, improves mobility, balance and coordination, releases stress from the body, assists in preventing injury and aiding recovery.

Dates for the Diary...

Sunday 16th July = National Cherry Day



The aim of National Cherry Day is to raise awareness of British cherries. 90% of cherry orchards were lost in Britain during the 20th century, because after the wars these orchards were planted over with more vital crops to enable feeding the people.

Tart cherries (opposed to sweet) are rich in antioxidants which help to reduce inflammation in the body. Cherries also contain vitamins A, B, C and E, fibre and calcium.
Research is still ongoing as to whether they can reduce cholesterol and weight gain.

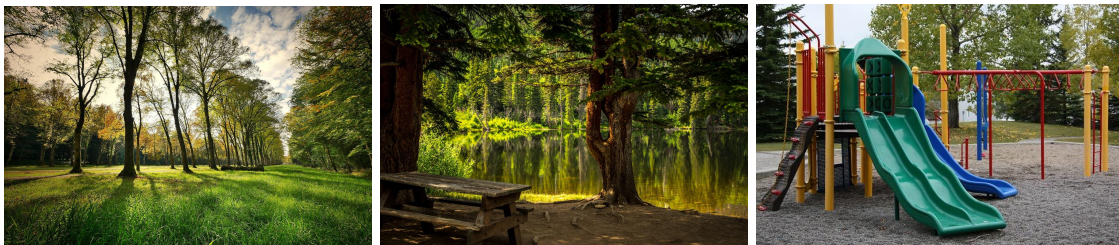
See if you can find ways to add more cherries into your diet and meals.
They count as 1 of your 5-a-day.

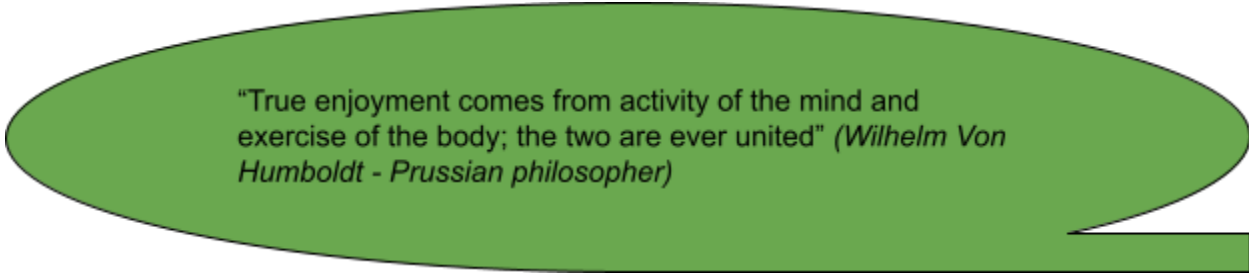
There are many recipes and different ways to use them if you want to be more creative, rather than just eat them on their own.

Check out this great summary I found on twitter the other week about how good cherries are for us! <https://twitter.com/MedicalMedium/status/1667879355673096192?s=20>

July 29th - August 5th = Love Parks Week

Make the most of being outdoors and enjoying nature during 'Love Parks week'. Whether it's at a well-known national park, a beautiful country park, or just your local play park, the benefits of being outside surrounded by nature are numerous. Reduced levels of stress and/or depression, improved mental clarity and mood, boosting the immune system and creativity, and better sleep, are just some of the reasons why you should get out there.





"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united" (*Wilhelm Von Humboldt - Prussian philosopher*)

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