

# GTHF UPDATE



Newsletter of Gemma Taylor Health & Fitness Issue 4 – Sept 2023

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## Welcome

The summer is almost over, the schools have gone back, hopefully you're into a routine that makes you happy and healthy.

## What's been happening...

I've been busy filming more videos and workouts.

Last week I began a 12 week series of social media posts about the principles of pilates, you can check these out on Facebook and LinkedIn. The aim of this series is to help people better understand how Pilates works, so that you can improve your practice, and gain more benefit from your workouts.

I've also been working on creating some new group courses, which will be available shortly.

**NEW:** Available This Month:

Workout sheets - downloadable sheets with a Pilates workout for you to do whenever and wherever you like. 10 exercises per workout, with written instructions, photo, and link to 'how-to' videos. Cost £10 each. Some are general workout workouts whilst others focus on certain areas. You can access these by signing up as a client on Gymcatch, completing your PARQ form (if you haven't already), and purchasing from the 'on-demand' resources area.

Also: Personalised Workout Sheets - as above but personalised for you to help you reach your goals. Cost £15 each.

## Blog...

If you missed it - You can read August's blog on 'Workplace Wellness and Workouts' here: [www.gemmataylorhealthfitness.co.uk/blog/sufficient-workplace-wellness-services-and-workouts-how-could-things-be-improved-for-you-as-an-employee](http://www.gemmataylorhealthfitness.co.uk/blog/sufficient-workplace-wellness-services-and-workouts-how-could-things-be-improved-for-you-as-an-employee)

## YouTube Channel...

I have been adding more short videos into the Pilates library, and there's now also a warm-up video on there too, for when you need one. Other workouts will be posted soon. I will also be uploading non-exercise informational videos in future on a range of topics.

## Feature Pilates Exercise...

The 4 Point Swim:

Works on back strength, core, balance & coordination.

The 4 point swim exercise is excellent for improving the strength of your back and core, along with improving your balance and coordination. You will be moving opposite arm and leg, whilst maintaining control of your core engagement, neutral spine, pelvic and shoulder stability. There's lots for the brain to think about and this exercise takes a lot of focus and practice to perform correctly. It can be worked at various difficulty levels so you can build your way up to achieve the full exercise.

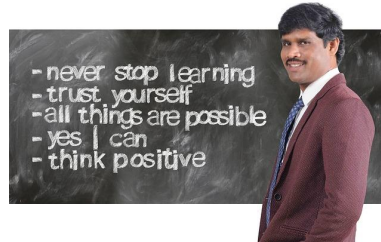


You can see a full video on how to perform the 4 point swim exercise here:

[4 Point Swim Pilates Video](#)

## Dates for the Diary...

### Wednesday 13th September - Positive Thinking Day



Positive thinking can help to encourage optimism, create goals and improve resilience.

It has even been said to act as a defence to the common cold - who knows?!

Things you can do to inspire positive thinking:

Be around positive people, read/watch motivational books/films, smile, say affirmations, have gratitude, be kind, spend time outdoors, be nice to yourself and have a treat, be mindful, meditate.

Being mindful helps positivity by staying present - not worrying about the past, or catastrophising the future. Enjoy the now!

Meditation can build positivity over time, helping you become more optimistic, clearer minded, grateful and peaceful. It helps you learn to control your thoughts and become more aware of how to deal with what's going on, clearing your head.

### Wednesday 20th September - National Fitness day.

**NATIONAL  
FITNESS  
DAY**

National Fitness Day is the nation's most active day of the year, with all kinds of fitness events taking place all over the country.

The slogan this year is "My Health To Me Means..."

What does your health mean to you?

What will you get up to?  
Watch out on social media for events I will be running on the day - then join in!



*Healthy is an outfit that looks different on everybody.*

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