

GTHF UP2DATE



Newsletter of Gemma Taylor Health & Fitness Issue 5 –October 2023



Welcome

Autumn is here and the clocks will be changing again at the end of the month.

How are you feeling?

Don't forget you can boost your mood and energy levels with a bit of meditation or Pilates. As the days become shorter and the nights begin to draw in, remember to get plenty of natural light to help your mood and sleep.

What's been happening...

On 20th September I hosted a number of Facebook Live short workplace/desk-based Pilates sessions for National Fitness Day. The aim was to get as many people as possible involved in physical activity on this day, whilst proving that you can incorporate exercise into your daily work routine, and benefit from it immediately.

The videos will stay on facebook for 6 months if you missed it and still want to watch, or have another go at the workouts.

I hope to be able to do this more regularly in future so watch out on Facebook for notices about when these will happen.

Well done to all my clients, ongoing and new, you've all been showing great willingness to learn and change, working hard on your programmes and progressing with your fitness journey.

Coming Soon...

Yoga Nidra and Laughter Yoga courses and classes will be available in the near future.

Both of these are techniques that reduce your stress and make you happier. They can help to improve your general health levels by making physical and psychological changes to the mind and body.

Blog...

You can read September's post if you missed it here:

www.gemmataylorhealthfitness.co.uk/blog/the-stressful-effects-of-caffeine-how-they-harm-your-sleep-and-what-can-you-do-about-it

Feature Pilates Exercise...

Scissors:

Works on core and leg strength.

The Scissors exercise really works your core strength. The movement of the legs in the scissor action challenges the deep core muscles as well as the abs and obliques. Hinging from the hip joints provides mobility and strengthens the upper legs too. You can get a nice rhythm going. Remember to work at the level where you can maintain perfect technique. You can build up the difficulty over time.

Various levels/options for scissors are shown in the photos below:



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

[▶ Scissors Pilates Video](#)

Dates for the Diary...

Monday 16th October - World Spine Day



OCTOBER 16

WORLD SPINE DAY

World Spine Day is an annual campaign to highlight the importance of spinal health.
This year's theme for WSD is: 'Move your spine'.

Watch out for the premiere of my video for WSD on YouTube on 16th October.
This workout will take you through exercises to get your spine moving.

Pilates helps keep your spine healthy by creating a strong core, and using the energy from your core to stretch and strengthen all the joints and muscles along the spine when you perform certain exercises. You will focus on articulating through the individual vertebrae, working on deep spinal muscles, moving through flexion, lateral flexion, extension and rotation. Keeping the backbone mobile, flexible and strong enables you to have a healthier and more active lifestyle. It encourages improved posture, pain-free movement, and good general health.

A good laugh and a long sleep are the best cures

Website: www.gemmataylorhealthfitness.co.uk

Phone / Whatsapp: +44(0)7904866902

Email: gemma@gemmataylorhealthfitness.co.uk
Facebook: <https://www.facebook.com/GemmaTaylorHealthFitness/>
Twitter: <https://twitter.com/GTHFgemma>
LinkedIn: <https://www.linkedin.com/in/gemmataylorhealthfitness/>
Gymcatch: <https://gymcatch.com/app/provider/5921>