

# GTHF UPDATE



Newsletter of Gemma Taylor Health & Fitness    Issue 6 – Nov 2023

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## Welcome

I hope you're all managing to keep positive with all this dismal weather. See the section below about how to overcome the challenges this, and winter in general, can bring.

With only 7 weeks left until Christmas, now is the time to be acting on getting fit and active, and feeling refreshed and de-stressed, so that you can be in fine shape physically and mentally to enjoy the end of year festivities.

## New to GTHF...

I'm very excited to now be offering Yoga Nidra classes, 1:1s, courses and workshops:

Yoga Nidra is a form of deep relaxation, and can refresh the mind and body, along with helping you change perspectives on struggles. It's great for reducing stress, depression and anxiety, boosting energy levels, creativity, and improving your general health and immune system. You will learn to lie still and listen to a script which takes you through several phases into deeper states of relaxation, recognising thoughts and what to do with them.

I'm now also offering memberships of 4 or 8 sessions per month for classes and 1:1 sessions. Instead of having to remember to purchase one-offs or blocks, you can now pay a monthly automatic membership which allows you to book and attend your chosen number of sessions per month, rewarding you as a cheaper option for you for being such a loyal regular client. By

attending sessions more regularly you gain better results and achieve your goals more quickly, with all the support you need from myself and other members of the GTHF community.

You can also find me on the NextDoor app now.

Please favourite my business and share it with all your neighbours, so that as many people as possible can have the chance to benefit from improving their well-being and reducing their stress levels.

[https://nextdoor.co.uk/pages/gemma-taylor-health-fitness-leicester-leicestershire/?init\\_source=org\\_pages](https://nextdoor.co.uk/pages/gemma-taylor-health-fitness-leicester-leicestershire/?init_source=org_pages)

## Competition Time...

Win a month (4 sessions) of Free Personal Pilates!

I am running this competition during the week of 3rd-9th November - the winner will be drawn on Friday 10th November live on Facebook.

Please see social media posts on how to enter.

Good luck to everybody!

## Blog...

If you missed it - You can read October's blog on 'Using Pilates for cross-training' here:

[www.gemmataylorhealthfitness.co.uk/blog/using-pilates-as-cross-training-for-sports-how-it-compliments-other-workouts-and-helps-your-performance](http://www.gemmataylorhealthfitness.co.uk/blog/using-pilates-as-cross-training-for-sports-how-it-compliments-other-workouts-and-helps-your-performance)

## Darker, shorter days and coping with Winter...

The clocks have gone back, and we're well into the beginning of the winter months now. It's getting colder, wetter, and especially darker. Many people may even suffer with Seasonal Affective Disorder (SAD).

So what can we do to ensure we stay happy, positive, motivated and energised through these next few months?

Here are some tips to help:

- Get as much natural daylight as possible!
- Get outside in the morning.
- Use daylight lamps.

All the above help to set and keep your circadian rhythm running correctly. This affects your mood, when you need to eat, when you feel tired, the timing of chemical release which is important for the body to function properly, etc. If you're a morning lark, and like to be up early, you will be able to get more natural daylight in than someone who is a night owl and gets up late, as they will miss a lot of the early light and only see the day begin to draw in by the end of the afternoon. It's important to know your chronotype (lark or owl) so that you can work your day around this...

- Plan your day so that you do the hardest tasks when you're most awake.
- Use your hobbies and do activities you enjoy.
- Try new things.
- Accomplish goals.

The above points highlight that you need to be keeping yourself occupied with things that you enjoy, which will always improve your mood. You may need to change the activities you do because of the weather or the dark, but you can always find something that you will like. Spend time with your friends and family, and ensure you take time for yourself too...

- Meditate
- Journal
- Exercise
- Breathe
- Relax

These are all methods to release tension and stress. Create time to just be alone and take care of yourself each day. You will find that you feel better if you look after your mind and body. Refresh yourself every day, so that you remain focused, creative, productive, motivated, energised and happy.

If you need help with stress, energy levels, improving sleep, or feeling fitter, send me a message and we can talk about which options would work best to beat your problems.

## Feature Pilates Exercise...


The Mermaid:

Works on mobility of the spine, and flexibility of the hips.

## The Mermaid exercise



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

 [Mermaid Pilates Video](#)

*Success starts with self-discipline*

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YouTube: [https://www.youtube.com/channel/UCTmjaaSF-iGtumz\\_ymTS7Zg](https://www.youtube.com/channel/UCTmjaaSF-iGtumz_ymTS7Zg)

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