

GTHF UPDATE



Newsletter of Gemma Taylor Health & Fitness Issue 7 – Dec 2023



Welcome

The festive period is almost upon us! It seems to get earlier every year.
Even the cold icy weather has appeared.
The tree went up in the studio this morning.



It's this time of year when we really have to remember to look after ourselves and keep up our health & fitness routines - it's all too tempting to stop because it's cold and dark, or we get to many social events to attend - but now more than ever it's essential to keep fit and healthy, to keep the immune system boosted to avoid catching colds or flu, to keep warm, to keep the metabolism firing to burn off all those extra xmas calories, to remain happy and upbeat.

The 2023 GTHF Advent Calendar Challenge...

This December I'm running a free 24 day health & fitness challenge in the form of an advent calendar. Open a challenge daily and complete the exercise. The aim is to let people have a taster of all the various stress reducing methods and their benefits, enabling them to feel great for the festive period.

You can find your free copy at either

<https://gymcatch.com/app/provider/5921/on-demand>

Or

<https://www.gemmataylorhealthfitness.co.uk/2023-advent-calendar-challenge>

I hope you enjoy taking part!

New to GTHF...

I've started running online small group (max 6 people) courses - so far, Beginners Pilates (under way), and Yoga Nidra starters (starts on Mon 4th Dec).

These are courses designed to help beginners get to learn and understand the basics of their chosen method.

I shall be running the courses again in the new year.

Blog...

If you missed it - You can read November's blog on 'Stress' here:

www.gemmataylorhealthfitness.co.uk/blog/stress-awareness-what-is-stress-and-what-can-we-do-to-help-ourselves

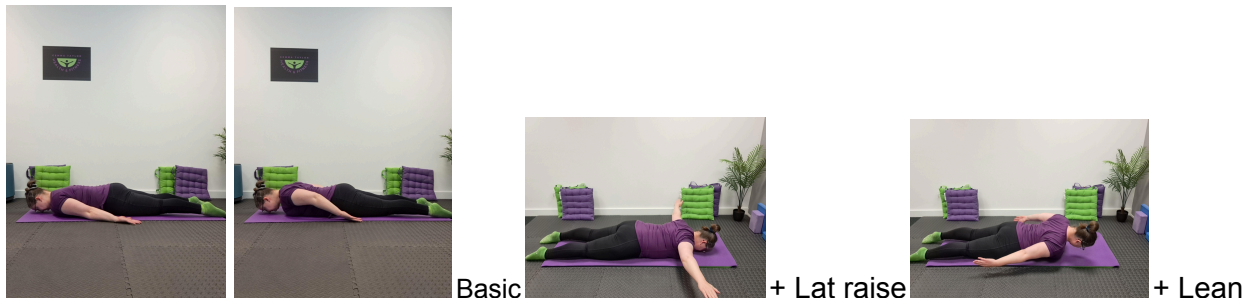
Feature Pilates Exercise...

The Dart:

A great exercise for helping to stabilise the shoulders!

It really works the upper back, and can be done at a basic level to focus on stabilisation, or can have various progressions added to it for further strengthening of the back.

Excellent for beginners and advanced participants alike.



You can see a full video on how to perform the Dart exercise and it's variations here:

[▶ Dart Variations Pilates Video](#)

Winter / Xmas Exercise...

Seasonal ideas of things to do:

- Play in the snow
- Dance and sing along to xmas tunes
- Winter moonlit walks
- Enjoy being mindful and noticing the differences outdoors
- Join friends for active meet-ups
- Play festive music during your workouts

Safety tips:

- Stay visible in the dark - use hi-vis clothing and lights
- Wear suitable footwear and clothing
- Let somebody know your route
- Stick to level ground in the dark

Motivation:

- Wrap up warm and get outside in the fresh air
- Burn more calories being active (especially after all the xmas parties and meals)
- Clear your head with exercise
- If it's too nasty outside, switch to meditation, or indoor Pilates, etc - but don't do nothing.
- Take the chance to get together with family and friends over the holiday period, but do something active, fun and healthy together.
- Plan your workouts/sessions in advance - don't skip! You know they make you feel better
- If you don't like outdoor exercise in the cold - learn a new form of indoor exercise or meditation, and benefit from this.
- Spread the cheer by dressing up and/or motivating others

*Life expectancy would grow by leaps and bounds if
green vegetables smelled as good as bacon*

Doug Larson

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Next Door: https://nextdoor.co.uk/pages/gemma-taylor-health-fitness-leicester-leicestershire/?init_source=org_pages