

# GTHF UP2DATE



Newsletter of Gemma Taylor Health & Fitness Issue 8 – Jan 2024

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## Welcome

Happy New Year to you All, I hope you had a wonderful festive break and are looking forward to the months ahead.

Have you made any health & fitness new year resolutions?

If so, remember it's really important to set achievable and realistic goals. Small steps lead to big results. If you try to do too much all in one go there's more chance of failure because it's harder, whereas if you just change a few things at a time, it's easier to maintain and build on these new habits.

## New Year - New You...

Whatever it is that you want to achieve this year, nothing happens without you putting the effort into it. But this is hard and can be very off-putting when we start to struggle with things.

That's what I'm here for... to help you through your journey, providing support and motivation, keeping you accountable, designing workouts tailored to your specific needs, providing education and information to allow you to understand the whats, hows and whys, in order for you to reach your goals.

Reach out to me for a chat if you feel you need help with anything.

## New to GTHF for 2024...

A new set of Beginner courses for Pilates and Yoga Nidra begin on Thursday 11th January.

More Pilates worksheets will be available to purchase on Gymcatch OnDemand from 15th January - these will include Toning, Co-ordination, Back Strength and Back Mobility.

I will be running a free Laughter Yoga Club online via Zoom from 16th January - this will run on Tuesdays and Thursdays at 12:30 - 1:00pm. The link to the sessions will be available on my social media and website.

From the end of January, I will also be offering Fitness Assessments as one of my services, where you can find out what your body needs work on. Examples of things included in the tests are mobility/flexibility, movement, posture and body measurements.

## Blog...

If you missed it - You can read December's blog on 'The importance of Laughter' here:

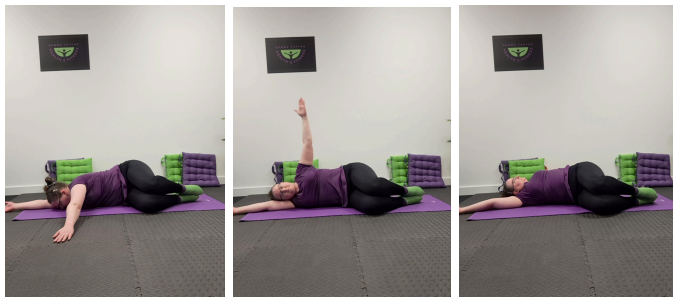
[www.gemmataylorhealthfitness.co.uk/blog/the-importance-of-laughter-why-we-should-laugh-daily-even-when-nothing-is-funny](http://www.gemmataylorhealthfitness.co.uk/blog/the-importance-of-laughter-why-we-should-laugh-daily-even-when-nothing-is-funny)

## Feature Pilates Exercise...

### The Torso Twist:

Works on mobility of the spine.

A great exercise to relieve stiffness, this is a gentle stretching movement with breathing. The challenge is to hold the core strength to ensure the body remains still from the waist downwards.



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

[▶ Torso Twist Pilates Video](#)

## Dates for the Diary...

1st - 31st January = Dry January, otherwise known as the UK's month long alcohol free challenge.

Alcohol has many negative effects on health: it piles on empty calories, increasing weight gain; it impacts on the quality of your sleep - although it may seem like it knocks you out to begin with, it results in fractured sleep cycles which means you don't get the correct type of sleep needed to recover overnight for the next day; it can affect your organs and the way your body works, bringing on high blood pressure, diabetes, strokes, heart disease, etc.; it upsets the nervous system; and can cause depression and anxiety.

If you would like to learn about reducing your alcohol intake, or take part in Dry January to see changes to your own health, you can check out the official website here:

<https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>

Monday 15th January...

Is Blue Monday - the unofficial saddest day of the year, due to the cold, dark, miserable weather, xmas/new year bills, 3rd monday without a payday of the year so far.

However there are so many things you can do to avoid feeling 'blue'!

Make sure you are keeping up with your daily health & fitness routines, meditating, laughing, sleeping well, planning ahead, etc. Keep up your positive mindset with outdoor activities, exercise, being mindful, and taking time to look after yourself.

Sometimes it may feel a bit like doom and gloom, but remember it's only just still the start of a new year, summer won't be long in coming (the time always flies by), and you can make your lifestyle fit and healthy in so many ways.

Get in touch if you feel you want to know more about meditation, laughter yoga, yoga breathing, yoga nidra, sleep or Pilates... I offer all these services to help you lead a less stressed, more positive and happier lifestyle.



Create healthy habits, not restrictions.

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