

GTHF UP2DATE



Newsletter of Gemma Taylor Health & Fitness

Issue 9 – Feb 2024

Welcome



This months' newsletter is short and sweet.

February is a strange month - the excitement of the new year is over, nothing much seems to be going on, before a burst of things happening next month. The weather is still dull, damp and cold, and everyone can't wait for summer to arrive.

If you've been finding motivation levels a bit low, ask yourself 'what is the reason you're doing this for?'. If it's a good enough reason you should be motivated to do whatever it is. Don't be afraid to reset any of the goals you might have begun working on at the beginning of the year - we all need to adjust and make sure we feel things are realistic.

What's going on...



Ever wondered what Yoga Breathing is? Or wanted to try it?
Well here's your chance...

I'm running a Free 7day Yoga Breath Challenge, from Monday 12th - Sunday 18th February.
If you sign up here:
<https://forms.gle/QtJaVZLxd8g1kBDm7>

You will receive up to 3 exercises, plus messages, etc. daily for the whole week.
These give you a chance to have a go at Yoga Breath and feel the benefits for yourself.

Yoga Breath is a safe and scientific-based breathing exercise. There are different categories of exercise for different times of the day, which you can use to balance your autonomic nervous system.

Benefits of YB include: Relieve stress and anxiety, Improve sleep and digestion, Balance energy, Manage pain, Lower blood pressure, Reduce heart rate and cortisol levels.

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The GTHF Free Online Laughter Yoga Club is also now up and running, 12:30-1:00pm on Tuesdays and Thursdays.

Join in the Zoom sessions by using Meeting ID: 953 4807 2638; Passcode: LAUGH.

All sessions are full of fun laughter and breathing exercises which promote many health benefits including, stress relief, improved immune system, help with depression and inhibitions, improved relationships, creativity and efficiency.

Blog...

If you missed it - You can read January's blog on 'The difference between Mindfulness and Meditation' here:

www.gemmataylorhealthfitness.co.uk/blog/the-difference-between-mindfulness-and-meditation-which-should-i-do



Feature Pilates Exercise...

The Kneeling Side Kick:

Great for strengthening not only the core, but the back, legs, shoulders and hips.

It does require a certain amount of hip flexibility, so if you're not comfortable doing this version, you can always do the side-lying side kick instead.

Keeping the rest of the body perfectly still, your aim is to sweep the top leg forward and backward with control, without letting it drop.

This is a more advanced exercise which challenges the whole body - you can really feel it work.



You can see a full video on how to perform the Kneeling Side Kick exercise and it's variations here: [📺 Kneeling Side Kick Pilates Video](#)

Consistency is more important than perfection.

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