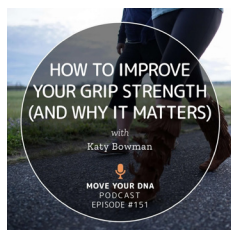


## LOOKING FOR A GOOD READ & PODCAST

Arlene recommends this podcast:



Katy and Dani discuss the impact of weak grip strength on daily tasks and emphasize the need to incorporate grip-strengthening activities into everyday routines. Listen as they delve into the connection between grip strength and overall well-being.



David recommends this book:



'Outlive' by Peter Attia looks to extending lifespan while improving our physical, cognitive and emotional health, making each decade better than the one before. With this practical advice and roadmap, you can plot a different path for your life.



USE TECHNOLOGY  
to your Advantage

ALL TRAILS App

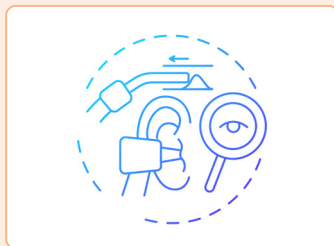


Whether you hike, bike, run or walk, All Trails is your **companion and guide** to the **outdoors**. Find detailed reviews and inspiration from a community of trail-goers like you. They will help you **plan, live and share your outdoor adventures**.

We do **EARWAX REMOVAL**

Too much earwax can lead to:

- Blocked ears
- Earache
- Reduced hearing



We use **microsuction** to gently remove any earwax build-up within the ear canal. **Microsuction offers a quicker, cleaner and more accurate alternative to ear syringing.**

Life  
Fit  
WELLNESS

SEPT 2024  
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

## LESSEN INJURIES & PERFORM BETTER WITH KINVENT TESTING

Life Fit Wellness uses the hi-tech Kinvent testing system as part of our physical and performance testing. By utilising this **advanced method of information gathering**, our practitioners are able to receive real-time biofeedback on the patient's structural strengths and weaknesses, thus allowing them to provide the patient with the best quality rehabilitation advice and treatment.

**Here's an example:** A physiotherapy patient is 8 weeks post knee surgery and in order to progress their rehabilitation we want to assess the stability and strength of the injured knee compared to the non-injured leg to determine current strength levels and identify any potential imbalances between both legs.

Using the Kinvent testing system we can gather this information in a manner that allows us to see the results in a strength index i.e. in kilograms, as an asymmetry percentage compared to the non-injured side, as well as compare the information gathered to the patient's age bracket. This allows the practitioner to get accurate and real time data on the patient in an efficient manner.

FREE TESTING at  
Life Fit Wellness

As part of the Know your Numbers Blood Pressure UK campaign, we are offering free testing of your:

- Blood Pressure
- weight
- height
- grip strength
- balance

Take advantage of this 20 minute test on either the 11th or 12th September 2024.



Life Fit Wellness  
Falkirk Business Hub | Weir Street | FK1 1RA  
Kingsfield Golf & Leisure | Linlithgow | EH49 7LS

Tel: 01324 614 044

Email: [info@lifefitwellness.co.uk](mailto:info@lifefitwellness.co.uk)  
[www.lifefitwellness.co.uk](http://www.lifefitwellness.co.uk)



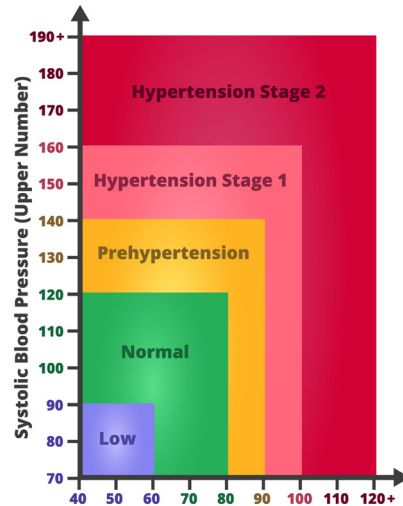
## BLOOD PRESSURE: Know your numbers week 8 – 14th September

Over time, high blood pressure can lead to a number of health problems however there are steps you can take to lower your blood pressure and help prevent illnesses such as stroke, Heart disease, Kidney disease, Vascular dementia and others. If you have high blood pressure, then lowering your blood pressure by just 10mmHg lowers your risk of a stroke or heart attack by a fifth.

### Tips to lower your blood pressure:

- Stay a healthy weight
- Get active
- Stop smoking
- Eat healthy and cut back on saturated fat and too much salt.
- Buy a blood pressure machine (cost approx. £20) to check your blood pressure at home and to monitor if any healthy changes are having an impact and putting you in the driving seat of your health.

### BLOOD PRESSURE CHART



## WHAT'S ON at Life Fit Wellness

### New Strength Training Class

Strength training is for everyone and is great for **increasing** and **keeping muscle mass** while maintaining **strong bones**.

This is vital as we get older and great for being able to continue being fit and healthy. Join this **weekly, small group class** in Falkirk.

**Every Monday**  
**Time:** 1pm - 2pm  
**Price:** 5 x class bundle = £48



### Nordic Walking Workshop

Take up this outdoor activity and feel reinvigorated by this gentle cardio work out. Nordic Walking is a terrific way to work your upper and lower body while getting some fresh air.

Learn the **basics of Nordic Walking** during this workshop and receive one **free Nordic Walking class**.

**Date:** 14 September 2024  
**Time:** 9am - 11am  
**Where:** Callendar Park, Falkirk  
**Price:** £30



## GET TO KNOW THE TEAM -

### Fitness Coach John Hesketh

#### What inspired you to become a Fitness coach?

I've always been into sport from a young age and it's just really blossomed into what I do now.

#### What do you need more of in your life?

It would probably be sleep, but until then coffee will suffice!

#### What do you feel has been your greatest 'win' so far in life?

I won a banana eating contest when I was at primary school and won a free trip to Deep Sea World.

#### How many things have you crossed off your bucket list?

Quite a few things, but there are still loads to do!

#### Best place to go on holiday?

Belize

#### Favourite way to unwind?

Getting outdoors, camping, fishing and kayaking, etc.

#### If you could eat one food for the rest of your life what would it be?

Anything chocolate or Mexican.

#### What's something that always makes you smile?

My daughter.

#### What's one skill you'd like to master?

The art of being able to sing "I've been everywhere" by Johnny Cash.

#### What is your favourite boardgame?

Monopoly.



## PICKLEBALL FUN

The team had a great time playing Pickleball at **Woodlands Games Hall** in Falkirk!

An excellent chance to experience a new sport, and with a delicious meal afterwards at **Behind the Wall restaurant**, this was a well earned day out for all!

