

## LOOKING FOR A GOOD READ & PODCAST

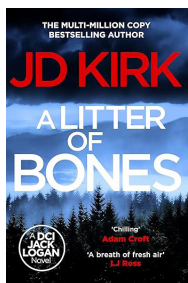
### Stefan recommends this podcast:



This podcast focuses on how exercise, meal timing, and sleep are three powerful tools for optimizing metabolic health, a key factor in healthy aging. An informative listen that uses science to inspire a healthy lifestyle.



### Ian recommends this book:



As a former policeman, Ian enjoys the DCI Logan Crime Thriller series by Scottish author J.D. Kirk. Ian says, "They are as close to the real-life of the police force as you can get in a fiction novel." The first book in the series is 'A Litter of Bones.'



### MEET THE TEAM - Paul Peterson

#### Favourite food / place to eat?

There is nothing better than a burger from Five Guys.

#### What is your best personality trait?

Too hard to pick just one!

#### Three words to describe yourself?

I would say amazing, fantastic and remarkable but my mum would probably say, "Annoying, needy and costly!"

#### What are you most proud about?

My car.

#### What is top of your bucket list?

To watch Real Madrid play in Santiago Bernabéu Stadium! This has always been something I wanted to do and hopefully next year I will tick it off my list.

#### If money were no object, what's the first thing you would buy?

For people that know me, you won't be surprised when I say a Nissan GTR R33, as it's my dream car!

#### What is one thing not many people know about you?

I have no idea, I like to think of myself as an open book.

#### What's a movie you could watch everyday?

Star Wars Revenge of the Sith.

#### What's the weirdest fact you know?

Sloths can hold their breath longer than dolphins.



NOV 2024  
Feel free to take me home

## YOUR MONTHLY WELLBEING UPDATE

## MEN'S HEALTH MATTERS

### A SPOTLIGHT ON MEN'S HEALTH THIS NOVEMBER

It is well known that most men don't want to be fussed over or make a fuss. But what if this is coming in the way of living a **better quality of life and preventing illness**? According to Psychology Today, many men have become used to living with pain. The "Just grin and bear it" motto leads to ignoring pain signals and the mindset of "No pain, no gain and to push harder" leads to injury and further ailments.



This mindset is especially prevalent when men do not acknowledge problems and it prevents them from seeking professional help. Fortunately, this way of thinking is changing and men are realising that **self-care isn't just about bubble baths and spa days!** Self-care is about going to the doctor if you are concerned about a health issue, or making time to **exercise and finding ways to support your mental health** by doing things you enjoy.

### Three things to do this month to look after your health:

1. **Priority - book that doctor appointment** for your prostate check up, or anything else that has been niggling you. **Prevention is always better than cure.**
2. **Exercise, sleep and nutrition.** What can you do to improve these three important aspects of your health? Perhaps **start with an exercise programme** as this will improve your quality of sleep and you will feel motivated to eat healthier
3. **Find a social interest.** Staying **connected to family and friends** is vital for men's mental health. There are many groups that are terrific for walks, hobbies and sports and it could be just what you need to lift your spirits and have something to look forward to.

## WHAT'S ON at Life Fit Wellness

### Strength Training Class

This new class has been a success so come and enjoy an excellent work out on **Mondays at 1pm in Falkirk.**



### Nordic Walking in Bo'ness

Come and join Arlene for a morning Nordic Walking class in Bo'ness which will be perfect for complete novices to those who want a refresh or those raring to go! Must be able to walk 4-5km at a reasonable pace. Starting on **Tuesday, 19th November 2024 at 9:30am**, meeting at Union Car Park in Bo'ness. Nordic Walking classes fall under the **Fitness bundle** so a great addition to your workout routine.

### CHRISTMAS PROMO: Buy a Pilates or Fitness Bundle and receive a FREE KINVENT TEST

We want to say **thank you** to all our clients for all their support this year! To show our appreciation, we will provide a **free Kinvent test with any new Pilates or Fitness bundles purchased between 5 November and the end of December 2024!**

**Kinvent testing** shows your structural strengths and weaknesses, thereby allowing you to utilize the best quality rehabilitation advice and treatment. You are also welcome to pass this worthwhile test on!

Find out more about our Kinvent testing, Nordic Walking, classes and Personal Training sessions with the Reception team.

## WHAT THE TEAM HAS BEEN UP TO THIS PAST OCTOBER

### Success at Strathcarron 10K

Life Fit Wellness were proud **sponsors of the Strathcarron Hospice 10K** which took place this past October. Morven and John ran the 10K and Stefan and Mhairi were on hand at the **Niggle Clinic** tent for any runners at the end of the race. Thank you to all who took part and helped raise much needed funds for Strathcarron!



### Curling in Edinburgh

The team got to try the beloved **Scottish sport of Curling** this month and everyone enjoyed the experience! The warming pizza afterwards at **Pizzeria 1926** was the perfect end to a fun day out!



## WHAT THE LIFE FIT MEN DO TO STAY MENTALLY & PHYSICALLY HEALTHY

"For me it's all about **exercise**. Exercising regularly is key to keeping physically and mentally well. It's hard to fit it around family life but I try my best!" **Emmet**



"Making time to exercise is a top priority in maintaining and improving both my **physical and mental health**. I try to make specific time in my week, even if it is just a small amount on any given day, to fit in some formal exercise which can be a combination of **running, weight training and circuit training**. I even manage to combine this with family time by doing a **family exercise circuit class** with my daughter on a Saturday" **Stewart**



"**Weekly gym sessions, regular phone calls with family and friends** back in Canada, and my wife and I like to spend 30 minutes each night with our **favourite book** of choice. I know it sounds quite cheesy, but we take turns reading to each other. I really enjoy doing character voices!" **Stefan**



"Keeping fit is my priority and this usually involves a couple of **pilates** as well as **Padel sessions** per week, interspersed with some **weights, Nordic walking, regular walking and cycling** if time allows. **Eating healthily** is also a game changer for both my physical and mental health." **David**



"I'm going to try meditation! I heard a quote which says that everyone should meditate for 20 minutes a day and if you don't think you can spare 20 minutes you should meditate for 40 minutes!" **Ian**



"Getting away from civilisation and spending time in the outdoors!" **John**



"Clean my car and go to the gym!" **Paul**

