

LOOKING FOR A GOOD READ & PODCAST

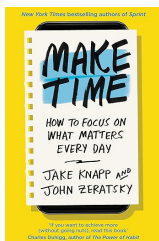
Arlene recommends this Podcast:



If you are new to Nordic Walking and would like to find out a bit more about the many benefits of this wonderful outdoor activity, then this podcast will be a great place to start!



Stefan recommends this Book:



We all wish for **more hours in the day and struggle to make time for what matters.**

Jake Knapp & John Zeratsky have created a four-step framework packed with tactics to help you design your day around the things that matter.



USE TECHNOLOGY
to your Advantage

'Smiling Mind' App



The **Smiling Mind app** empowers you to live **mindfully, embrace flexible thinking, grow connections, act purposefully and recharge your body.** When we feel stressed, worried, reactive, disconnected or lost, we can use these mental fitness skills to attend to our emotions and feel good again.

This is a **free app and is designed for both adults, families and children.**

We do

SPORTS MASSAGE

BENEFITS:

- Increase mobility • Prevent injury
- Aid recovery • Reduce tension



Sports massage offers a combination of soft and deep tissue techniques to aid in **recovery and rehabilitation.**



MAY 2025
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

INVEST IN YOUR MENTAL WELLNESS

Mental Health Awareness
this May

In so many ways your physical and mental health are very similar. If you don't look after your body then you are more likely to get ill or take longer to heal after a fall. **The same can be said with your mental health and ensuring that you continue to have good mental resilience.** A healthy body usually bounces back more easily after an injury and the same can be said for good mental health. Adding in mood boosters to your life - things that you enjoy and which keep you in a good headspace - may prevent those downward turns or help you come out of them in a shorter space of time. **Incorporate consistent, positive mood boosters into your life to keep your mind resilient for when you may need it.**

The focus for **Mental Health UK** this May is **community** and they are stating that, "**Social connections and community are vital for mental health and wellbeing.**" So invest the time to do something in a group such as an exercise class or a local art / crafting / cooking course. It's the small enjoyments that add up and keep you resilient for when you need it.

MENTAL HEALTH MATTERS

IDEAS to build Mental Resilience

- **Keep active:** going for a simple walk has been shown to be one of the best mood boosters.
- **Join an exercise class:** these are great places to meet people on a regular basis and share a fun camaraderie while gaining all the benefits of exercise.
- Get at least **7 hours of sleep** per night.
- **Eat healthy** - mood has been shown to be affected by processed food.
- **Appreciate nature:** even a walk in your nearby park will be beneficial and give you some valuable daylight.
- **Give back:** Finding ways to help others makes you feel good about yourself and gives you purpose.

Life Fit Wellness

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Falkirk Science Festival at the Helix

Inspiring the Youth

Life Fit Wellness is attending the Falkirk Science Festival on the 9th and 10th May 2025 to showcase the science involved in the various aspects of what we do.

Come and visit the interactive workshops, mind boggling experiments, and spark revolutionary insights inside the STEM Marquees. A family fun-day awaits, including STEM performances and activities from Glasgow Science Centre, Dynamic Earth, Scottish Wildlife Trust and many more!



It's National Walking month!

If you have been wanting to be incentivised to get walking then this is the month to get started!

Paths for All is Scotland's National charity whose mission is working towards getting people actively walking!

Visit their website to download their **Walking Calendar packed with tips and ideas for walking adventures in May!**



Life Fit **Nordic walking classes** are an excellent way of enjoying the outdoors while getting a full body workout.

When: Tuesdays
Time: 9:30am
Where: Bo'ness

When: Wednesdays
Time: 17:30am
Where: Callendar Park

BENEFITS OF WALKING:

- Great for your mental health as it reduces stress and improves your mood.
- Group socialisation.
- Connection to nature.
- Keeping a good pace is beneficial for your cardio health.
- Can be done alone if you want to listen to nature or a good podcast.

GET TO KNOW THE TEAM - PHYSIO EMMET KENNEDY

What made you become a physiotherapist?

I really enjoyed studying biology at school and was always interested in how the human body worked. I wasn't 100% sure about doing physiotherapy so did a Sports Science degree at home in Dublin. While studying this I realised that physiotherapy was for me, then went on to study my Masters in Physiotherapy in Glasgow. That's what brought me to Scotland in 2006!

What's your favourite memory from childhood?

Playing with my siblings and cousins! I come from a big and close family. We had great times growing up together.

What's your favourite thing you have bought this year?

New gym gear and trainers!

What are you most excited about right now?

We are about to start a fairly big renovation at home – exciting and daunting!



Above: Emmet enjoyed a day golfing with fellow colleague Stewart.

What would you want to instantly become an expert in?

Speaking Spanish. I've dabbled in learning Spanish using different apps but I'd like to properly commit to learning it fully but I just don't have the time at the moment.

If there was a sandwich named after you what would be in it?

The chicken fillet roll is a really popular sandwich in Ireland but you can't get them in Scotland! I am partial to one of these when I go home – breaded deep fried chicken in a baguette style roll! Delicious!

What's a compliment someone gave you which you still think about?

The job naturally lends itself to helping people. A couple of instances in my career stand out where patients have been very complimentary about me helping to make positive, life-changing physical improvements. That is extremely satisfying to hear!

What are those things you're too old to do but you still enjoy?

Haribo!

Emmet Kennedy
Chartered
physiotherapist

