

LOOKING FOR A GOOD READ & PODCAST

Stefan recommends this Podcast:

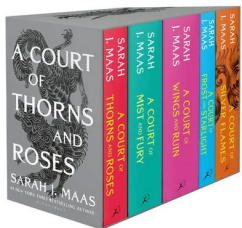


Found My Fitness: Slow aging with Coffee

Coffee is one of the most powerful longevity tools we have, potentially reducing epigenetic age by up to one year in regular coffee drinkers, but its effectiveness hinges entirely on how you brew it...



Jackie recommends this Book:

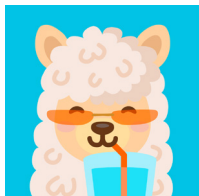


If you are looking for complete escapsim this summer then 'The Court of Thorns and Roses series' is what you are after! This fantasy series is described as a mix between 'Buffy', 'Game of Thrones' and 'Outlander' so **not for the faint hearted!**



USE TECHNOLOGY
to your Advantage

Waterllama App



It's summer time and whether you realise it or not, **you may not be getting the right amount of liquid you need to prevent dehydration.** Whether you're looking for a caffeine break or want to boost your immune system with juice & smoothies - pick any challenge and have fun! **Keep track of how much water you should be drinking on a daily/weekly basis** and make sure you reach your goal!

We do

SHOCKWAVE THERAPY

Used to treat:

- Plantar Fasciitis
- Achilles Tendinopathy
- Tennis Elbow
- Tendonitis in the Shoulder



Life Fit Wellness

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YOUR MONTHLY WELLBEING UPDATE

July 2025

Feel free to take me home

NATURE NURTURES

LOVE YOUR PARKS

Love Parks Week, organized by **Keep Britain Tidy**, aims to raise awareness about the value of parks and encourage communities to get outside, explore their local parks, and participate in activities that promote environmental stewardship.

Parks provide a space for recreation, relaxation, and connection with nature. They offer numerous benefits, including **improving air quality, supporting biodiversity and providing a venue for physical activities and social interactions.** This is a reminder of how vital these green spaces are to our urban and rural environments.

So take a trip to your local park or plan a visit to explore a different park further afield.
Great for your inner explorer!

We love parks because...

Healthier communities: parks encourage physical activity, reduce stress and provide spaces for social interaction.

Sustainable future: parks act as natural filters, improving air and water quality while mitigating climate change impacts.

PARKS ON YOUR DOORSTEP:

- **Helix Park by the Kelpies** - holds a Park Run and has a splash area for kids.
 - **Zetland Park** - great cycling for families.
 - **Callendar Park** - perfect for long walks, cycling and outdoor activities.
 - **Muiravonside Country Park** - 170 acres of woodland and parkland to explore with a fun play area for kids.
 - **Kinneil Park in Bo'ness** is a perfect for a relaxed walk around the lake.
 - **Friends of Plean Country Park** holds **Volunteer Task days** where you can join in some practical tasks in good company. Next one is on **19 July 2025**. Great way to give back and celebrate parks!
- Visit: www.pleancountrypark.org.uk.



FOCUS ON YOUR FITNESS

Strength training classes have increased in popularity due to awareness of how impactful this form of exercise is for maintaining muscle mass and bone density.

- Mondays at 1pm
- Thursdays at 1pm

Get to grips with the the basics of strength training with a **1-1 or 2-1 session** with John before joining in the regular **Strength training classes**. Chat to reception to book a suitable time.

Price: 5 x class bundle = £51



Arlene will be out walking and exploring **Callendar Park** during this **Nordic Walking class** and it is focused on getting light exercise in the outdoors.

Ruckfit classes with John are based on using the outdoors as a gym while keeping you motivated between walking and working out. Nordic Walking classes fall under the **Fitness Bundle** so a great opportunity to mix indoor and outdoor activity!

Get on your mat for a **full-body workout using our various props** that will ensure each class keeps you coming back for more! See your **flexibility and strength improved** while giving you a fun, small class environment to enjoy! Ask for a time table for our **Falkirk and Linlithgow classes**.



Predominantly **chair based**, this class uses some **elements of Pilates combined with strengthening, stretching and balance work** and movements that can be adapted to suit the individual's needs and ability.

Fit-to-Function is the ideal progression from our Chair Fit class and allows more opportunities for standing and lying exercises in a supportive environment. Similar to our Chair Fit class, Fit-to-Function uses **elements of Pilates combined with strengthening**, stretching and balance work but offers more challenging exercises.

We also have a **Personal Trainer** who provides sessions in our **private gym**. Great option if you don't want to workout in groups!

Meet our Team

I always wanted to go into a career that helped people but didn't know what to do. I studied anatomy as I loved learning about the structures of the human body and how it works. I then found Physio and this allowed me to combine both.

Gliff by Ali Smith- a Dystopian novel which really got me thinking how scary it is that something like that could happen in the near future!

I love to paint and draw, in particular buildings and landscapes.

Anywhere in Italy! I Love the food, history and architecture. I have a surprise trip planned in September, so I am excited to find out where I'm going!



Barricade board game - you have to be tactical!

Something my mum has always said to me is "Everything happens for a reason" and I truly believe this.

The camera on my phone! I love taking pictures and have the memories to look back on!

Dancing, in particular tap and ballet. I love the escapism it brings me from any stress and just getting lost in the music.

Probably space, although it may give me an existential crisis seeing how small we are in a big universe...

It's got to be 'Friends!' It's something I will happily rewatch over and over, nostalgic and comforting.



Lisa Durnin
Chartered Physiotherapist
& Pilates instructor