

LOOKING FOR A GOOD READ & PODCAST

Stefan recommends this Podcast:

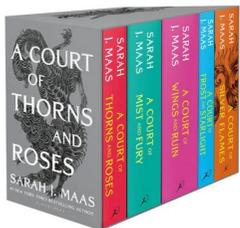


Found My Fitness: Slow aging with Coffee

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 escapism 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



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July 2025

Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

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.



Life Fit Wellness

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