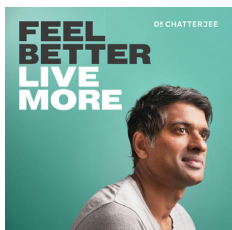


LOOKING FOR A GOOD READ & PODCAST

Kate recommends this Podcast:

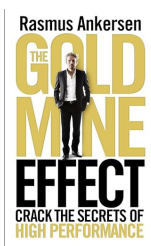


Rangan Chatterjee: Bitesize | How to heal Chronic Pain with Dr. Howard Schubiner

In many cases of chronic pain your brain has created a neural pathway which remembers the pain and keeps you trapped in a vicious cycle. In this clip he explains why it's not 'all in your head', your pain is real. And there is something you can do about it.



David recommends this Book:

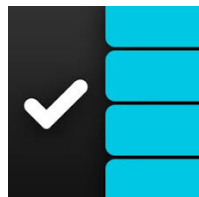


We all want to discover our hidden talents and make an impact with them. But how? Rasmus Ankersen, a performance specialist, quit his job and for six intense months lived with the world's best athletes in an attempt to answer this question.



USE TECHNOLOGY
to your Advantage

Actions: To-do List Organiser App



Keep on top of everything in your head, whether it's movies to watch or the details of your next big project. **Designed for busy people who live by making lists to stay on track at work and home**, the digital card based design is a clutter-free way to visualise everything that needs doing.

Collect your thoughts in a calm interface with simple natural language like "Water the plants every Saturday" then let Actions take care of reminding you automatically.

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.**



August 2025
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

Make Health your Priority Easy Changes towards a Healthier Life

We understand how difficult it can be to find time to put your health first. The **to-do-list for the day can be a long one!** We jotted down some easy ways in which you can incorporate **healthy habits to get more movement into your daily life.**

How to change your habits

Have a read through the activity list alongside and **choose 3 or 4 that you know are doable and which you can implement each day.** Find a way of keeping them top of mind, eg. leave a post-it on your computer to take the stairs or get organised and schedule your daily walks. **Planning is key to successfully changing a habit!**



LIFESTYLE CHOICES:

- Where practical, walk for errands instead of driving.
- Go shopping in person: Enjoy the activity of walking around stores.
- Gardening is a great way to get exercise and enjoy the outdoors.
- Find a new hobby that involves physical activity: Swimming, cycling or Nordic Walking are great options.

COMMUTE CHOICES:

- Walk or cycle part of your journey to work or school.
- Get off the bus or train a stop early to add extra steps to your journey.
- Park further away from your destination, this forces you to walk a bit more.

WORK CHOICES:

- Take the stairs instead of the lift.
- Stand or walk during phone calls: Move around while you talk.
- Use a standing desk or portable laptop. Break up long periods of sitting.
- Take short walking breaks.
- Have walking meetings: When possible, conduct some meetings while walking.

Life Fit Wellness

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

Tel: 01324 614 044

Email: info@lifeitwellness.co.uk
www.lifeitwellness.co.uk



GET INTO ACTION and FOCUS ON YOUR FITNESS

Strength Training classes

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 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



Nordic Walking & Ruckfit classes

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!

Pilates Mat & Reformer Circuit classes

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 timetable for our **Falkirk and Linlithgow classes**.



Chair Fit 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 classes

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!

Patient Journey - meet Nadine

I have been using the Life Fit Wellness services for a **good many years**, from as far back as 2012 when I had back issues and saw **Stewart for physiotherapy**.

I ended up with back surgery in 2018 and for recovery it was recommended that I do **Pilates to strengthen my core and improve my posture**. I started going to **Pilates classes with Morven** and now attend every week.

I enjoy Pilates so much and I have seen a big improvement in my posture, flexibility, strength and balance. I was inspired to get back to the gym too!

When my hip started bothering me I saw **Morven for physiotherapy** and I was diagnosed with gluteus medius tendinopathy. Morven suggested **shockwave therapy**, as well as **targeted exercises** to strengthen my glutes. The shockwave therapy was not painful at all and I noticed a difference fairly quickly.

After the treatment course was finished there was a vast improvement and it now gives me no issues at all.

Being able to get back into the gym for conditioning and strength training, as well as been able to get out and walk again, has been my goal, and by combining this with Pilates, I definitely feel the benefit to my overall health and wellbeing.

I have also used Life Fit Wellness for **sports massage and this helps ease my sore and tired muscles** from being at the gym or long walks. The **massage helps me recover quicker** so I can get back to exercising without tension or threat of injuring myself.

Being a woman over 50 years old, I feel that staying active helps me **strengthen bones and muscles**, and improves my **cardio health**. It is also **beneficial to my mental well-being**, so I will continue doing Pilates, going to the gym and getting a massage and that will hopefully keep me in shape for years to come!

Well done Nadine for taking the time to exercise and thank you for being part of the Life Fit community!

Free

PILATES CLASS

Join us **every Friday for the month of AUGUST 2025** for a **free Pilates class** at either our Falkirk clinic or the Low Port Centre in Linlithgow.

NOTE: You must have **attended at least one paid class in the same week** to enjoy this bonus class.