

## LOOKING FOR A GOOD READ & PODCAST

Morven recommends this Podcast:

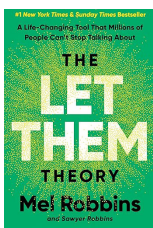


**Zoe: Can bigger muscles really help burn fat and keep you young? With Dr. Vonda Wright**

A best-selling author, Vonda reveals why muscle is not merely for aesthetics but a metabolic powerhouse crucial for energy, glucose control, and preventing age-related frailty. Learn how to truly 'lean up' and why it's vastly more important than just losing pounds.



Arlene recommends this Book:



If you've ever felt stuck, overwhelmed, or frustrated with where you are, the problem isn't you. The problem is the power you give to other people. Two simple words - Let Them - will set you free. Free from the opinions and judgments of others.



### North Berwick Beach Walks

Join Arlene and David for **scenic beach walks in North Berwick**. The longer walk will take place on **Saturday (approx. 3 hours) and a shorter one on Sunday**. Bring a picnic, your dog, children - everyone is welcome! Beach wheelchair can be pre-arranged.

**Dates:** 25th and 26th Oct 2025.

**Time:** 10am for 10:30 start.

**Meeting spot:** Seabird centre,  
North Berwick

**Chat to reception for more info and to book.**

### STRENGTH CLASS

If you are inspired to **get strong and protect your bones as you grow older**, then joining our **Strength class** is just for you!

**When:** Every Monday and Thursday at 1pm

**Where:** Life Fit Wellness Falkirk

Also, If you see our PT John once a week for a **1-to-1**, you automatically **access 1 free strength class per week! Fitness 5 x class bundle** - only £51.



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](mailto:info@lifeitwellness.co.uk)  
[www.lifeitwellness.co.uk](http://www.lifeitwellness.co.uk)



OCTOBER 2025  
Feel free to take me home

## YOUR MONTHLY WELLBEING UPDATE

Take action Today!

### PREVENT THE DREADED FALL

You may think that there isn't much more we could tell you about falls, but did you know that every 18 seconds, a person is treated in an emergency room for a fall? It is **well-worth taking the time to modify your surroundings to ensure they are safe** and to be aware of factors that contribute to falls.

### LESSEN THE RISK

Dr Elissa Burton wrote in a recent article about modifiable risk factors in relation to falls and broke them down into **3 categories**:

1. Individual factors
2. Behavioural or lifestyle factors
3. Environmental factors

Here is a brief overview of each.

#### 1. INDIVIDUAL FACTORS

**Balance and mobility impairments:** Do you lose your balance easily or walk with a limp? Do you have trouble walking on uneven surfaces? If you suffer with any of these then you could have a balance or mobility impairment. **Find a physio to see where you can make improvements.**

**Cognitive impairment:** This would include people living with dementia.

**Sensory deficits:** **Poor sight** increases your risk of falling as this can affect your depth perception. Go to an optometrist for your correct lens prescription and eye-test.

**Hearing loss** will also affect your balance. It is well-worth getting your **ears cleaned from excess earwax** and get tested if you think you may need hearing aids.

**Chronic conditions:** Hypertension, diabetes, arthritis, Parkinson's disease, dizziness, cardiovascular disease all put you at higher risk of falls. Find ways to reduce your risks and improve your balance and physical function.

Turn over to continue.

DON'T  
LET A  
FALL  
GET YOU  
DOWN

## 2. BEHAVIOURAL & LIFESTYLE FACTORS

**Physical activity:** Get active as those who lead a sedentary lifestyle are at a higher risk of having a fall.

**Footwear:** Discard any shoes that cause you to trip or that you have to shuffle in. These include flip-flops and dodgy slippers!

**Nutrition and hydration:** Make sure you **drink enough water** throughout the day! Also **eat a nutritious diet** and ensure you get enough Vitamin D.

## 3. ENVIRONMENTAL FACTORS

**Home hazards:** This would seem like the easiest one to overcome, but how many of us have too little storage space and end up leaving things in a pile on the floor? Make a plan to **get rid of the clutter** and **remove these hazards**. Same goes for that loose rug that you catch your foot.

**Winter is coming:** Wonky curbs and displaced bricks that need maintenance can cause falls and let's not forget the icy driveways. Get the grit ready!

**Incorrect or worn walking aids:** Get professional help if you are needing a walking aid or stick. These need to be sized correctly and could cause added injury.

## HOW PHYSIOTHERAPY CAN HELP

It is easy to see the outcome after a fall - broken bones, sprained ankles, time-off work, or worse if you are older and need hospitalisation. **Putting in the time and effort to prevent future falls, is well worth investing in now.**

If you feel your walking is **unbalanced or that you need further rehabilitation after an injury or surgery, then book an appointment with one of our physiotherapists** who can provide you with personalised pathway to future-proofing yourself.

Diagram below from UK Government website:

Take control of your health:

## Improving strength & balance

Thirty percent of people aged 65 and over will fall at least once a year. For those aged 80 and over it is 50%.


There are specific therapeutic strength and balance programmes for people at risk of falling

**1** Falls are the number one reason older people are taken to the emergency department in a hospital


**2** In around **5%** of cases a fall leads to a fracture and hospitalisation

**3** Unaddressed fall hazards in the home are estimated to cost the NHS in England **£435 million**


**Activities to build muscle, bone and joint strength and improve balance should be done at least 2 days a week**




Exercising with weights




Ball games




Racquet sports



Resistance training



Circuit training



Nordic walking

# GET TO KNOW THE TEAM

## - Physio Stefan

### A PASSION FOR POWERLIFTING

Growing up in a small town in Newfoundland, Canada, I was a 14-year-old chasing high-level hockey and playing every sport I could. As peers grew taller and stronger, I stayed the same size - which pushed me to join a local gym.

By 16, I realised a pro ice-hockey career wasn't likely and fortunately by then I had already developed a **deep passion for weight-training**. What started as a desire to be stronger soon turned into a long-term commitment to feeling and performing better. Twenty years later, my focus has shifted from aesthetics to **longevity, health, and functional strength**.

### WHAT IS POWERLIFTING?

Powerlifting is a competitive strength sport that consists of three attempts at maximal weight on three lifts: **squat, bench press and deadlift**.

**Powerlifting training using heavy weights and lower repetitions is incredibly beneficial, even for non-competitive lifters.** A few of the potential benefits of powerlifting training are meeting performance-based goals and increased functional strength and bone density.



### TOP POWERLIFTING TIPS FROM STEFAN

For those new to lifting, remember: **consistency beats perfection**. Think of the tortoise and the hare - going all out too soon often leads to burnout. **Start slow, build momentum, and focus on accumulating small wins over time.**

In the early stages of training it is best to **undervalue intensity and volume**. Start with 1-2 sessions per week using the same exercises, sets, and reps. Once you've mastered the movements and progressed in weight (after about 6 weeks), consider changing reps and sets, or exercise selection.

For the athlete looking for specificity: this relates to the style of training that is most suitable for you. Be specific. If you are trying to get stronger in a squat then you need to practice squatting with weight. Personally, I do a combination of powerlifting and hypertrophy (bodybuilding) because **I get great enjoyment out of lifting heavy while reaping the health benefits that come with being strong and muscular.**

If you're **injured or unsure where to start then physiotherapy can offer valuable guidance**. In my practice, I use **functional movement screening to identify mobility restrictions and strength imbalances**. For instance, if you wanted to perfect your squat, I would assess your mobility to perform a squat and we would work on increasing this range of movement. An additional service we offer is **Performance (Kinvent) testing with John**. **It provides detailed insights into strength, power output, balance and symmetry.**

Hope you enjoyed this insight into Powerlifting!

Stefan

