



Give the gift of Health this *Christmas*



Health, balance, and rejuvenation — beautifully gift-wrapped.

New Year Retreats

Andalucía Nordic Walking Holidays

When: 28 April to 5th May 2026

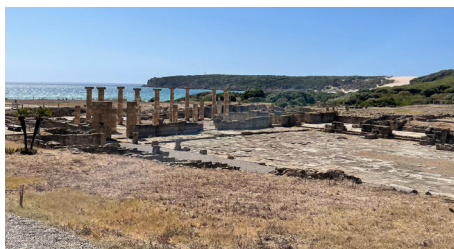
Duration: 7 nights / 6 days

Explore **Andalucía** the best way possible - on foot with a guide!

Ask **Reception** for an **itinerary** and you will see that this retreat incorporates the most **beautiful coastal scenery** while providing you with **superb walking trails** to explore.

For bookings, email:

arlene.bowmaker@lifefitphysiotherapy.co.uk



Pilates 1-Day Retreat

When: Feb/March 2025

Where: Local



Expect a day of **body-rejuvenating Pilates** within a beautiful setting.

Details are being finalised however **gift vouchers towards the retreat** are available to purchase from Reception.



Gift Voucher Best Sellers

❄️ **Massage:**

For relaxation or sore muscles.

❄️ **Life Fit Online:**

Purchase now for a **2 for 1, life-time membership** to access physio-based exercises, Pilates and much more in the comfort of your home.



NOVEMBER 2025
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

Life Fit Online

PHYSIOTHERAPY you can do at Home

For years our physiotherapists at Life Fit Wellness have helped thousands of people **move better, manage pain and rebuild confidence in their bodies**. But one question kept coming up: **"How can I keep improving between sessions?"**

We saw there was an issue with some patients continuing their exercises at home and created **Life Fit Online**. This platform helps to bridge the gap between a patient's physio sessions and extends the same expert physiotherapy to their home.

This means that you can use **Life Fit Online exercise programmes at home** to ensure you continue to exercise safely.

Physio-approved

Every course is designed by our qualified physiotherapists and follows the same evidence-based principles we use every day with our patients.

On our **Life Fit Online** platform you will find practical, easy-to-follow lessons to help you move safely, strengthen key muscle groups, and understand your body's limits — all at your own pace.

What can you find on Life Fit Online?

Our video categories include:

- Back Fit
- Pilates for Back Pain
- Yoga for Back Pain
- Strength and Conditioning
- Guided Breathwork
- Meditation

Scan for more info:



Life Fit Online



Life Fit Wellness

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THE 'BACK IN ACTION' NOVEMBER CHALLENGE

Create Your Own 2-Week Daily Routine.



Back in Action
CHALLENGE

Stay Consistent & Win Prizes!



The Challenge

You know what helps — but life gets busy, and habits slip. This challenge helps you take back control with a short, daily routine that fits you. We made it to support progress that lasts beyond the clinic.



How it works:

You create your own 10–15 minute daily routine. Use physio advice, Life Fit Online, or clinic classes. Follow it for 2 weeks with support and structure on Thinkific. Get feedback and join our group call to plan your next steps.



What you can win:

- 1:1 online session with David Bowmaker
- 3 in clinic class pass
- Discount on Strength & Conditioning Programme
- Life Fit hat



Take the next step:

Free to enter. **Starts 1st November.**

But don't worry, you can join anytime before **16th November.**

Scan the QR code to get started



Questions? Email: lifefitonline@lifefitwellness.co.uk

Go too: <https://lifefitwellness.thinkific.com>

PATIENT JOURNEY - MEET ANNE-MARIE

Read about our wonderful patient Anne-Marie who has worked hard at Life Fit Wellness to get back on the road to recovery and stay fit and healthy through continual exercise.

I first attended Life Fit Wellness in 2011 for back pain and over the years I have had to return due to other injuries I have picked-up through living an active lifestyle. The Life Fit team have always helped turn my set-back, into a comeback!

I am continually **impressed by the treatment** I receive, whether it is **physiotherapy, exercise instruction or massage**. My primary contact in the practise is **Arlene, one of the Director physiotherapists**, and over the years I've met and been treated by various team members, all of whom have been **friendly, professional and knowledgeable**.

After a fall in 2012, I fractured my knee-cap and was in a brace, stuck at home. At the time I was also diagnosed with Osteoporosis. My physio treatment and exercise programme from Arlene was excellent, **really supportive both physically and mentally**.

She visited me at home to get me started with a home exercise routine until I was able to get into the clinic to use the exercise studio there.

Arlene and the team introduced me to **Nordic Walking** and **Pilates** as exercise tools for my journey to recovery and I still enjoy and do both regularly to this day.

I have suffered further broken bones and sporting injuries since then - who knew I would be so injury prone playing 'walking netball'!

Thankfully the physio team accommodate me for appointments and **my treatment and targeted exercise programmes have aided my recovery**.

Life Fit Wellness have encouraged me along the way to **keep mobile, manage pain, stay positive and continue to lead an active life**. I'm really motivated to make **health and fitness a priority** because I want to live well for longer and be able to enjoy an active lifestyle keeping up with my grandchildren.

**Anne-Marie stays active
to keep-up with her
grandchildren!**



*Well done Anne-Marie for taking the time to exercise and **thank you** for being part of the Life Fit community!*