

Get 20% off
PERSONAL TRAINING this January 2026!

Are you ready to get
Fit in 2026?

Stay **on track** and **motivated** with our **experienced Personal Trainer John** who will support you in starting an exercise programme that is tailored to **your personal wellness journey**.



Book your **free consultation** with PT John and purchase a **5 session 1-1 PT bundle and get 20% discount!**



Nordic Walking Holiday in
Andalucia 2026



When: 28 April to 5th May 2026

Duration: 7 nights / 6 days

Explore **Andalucia** the best way possible - on foot with a guide! This retreat incorporates the most **beautiful coastal scenery** while providing you with **superb walking trails** to explore.

For bookings, email:

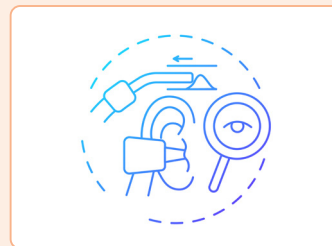
arlene.bowmaker@lifefitphysiotherapy.co.uk

Info: www.nordicwalkingholidays.co.uk

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.**



DEC 2025 / JAN 2026
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

Take charge of your Health & Fitness this Year

We are here to Support your Goals

What are your health goals for 2026? Are they the same as last year ie. get fit and lose weight? Maybe you started well in January 2025, but lost momentum after a few weeks. It is very difficult to start, let alone sustain healthy resolutions, especially during a Scottish winter!

However, **you are not alone**. Before you think about your new goals, take a moment to think of **what will keep you motivated**, week after week, **to continue exercising in order to reach your health goals** and then, how to sustain them?



HOW TO FORM AN EXERCISE HABIT

1. **Start small:** The saying walk before you run comes to mind here. Remember even **fitting in one exercise class is a win** and is a great start to the road to success.
2. **Plan, plan, plan:** Think of all possible scenarios that could stop you from reaching your goal and have a Plan B.
3. **Be proud of yourself** for putting in the effort and remember **how great you felt after your PT session or class!**
4. **Don't be hard on yourself** if something came up and you had to miss training. This should not sabotage the rest of the week! Plan for the next one!
5. **Get support:** Do you know why having a **personal trainer works?** It's because you have someone **invested in your progress** and they will be **cheering you on**, wanting to keep you motivated!

PERSONAL TRAINING PROMOTION

Find out how to get a **20% discount** on a Personal Training bundle on the back of this leaflet!

Life Fit Wellness

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Kingsfield Golf & Leisure | Linlithgow | EH49 7LS

Tel: 01324 614 044

Email: info@lifefitwellness.co.uk

www.lifefitwellness.co.uk



Get your muscles Ski Season Ready

Ski season is fast approaching so now is the time to prepare your muscles and joints for the rigours of the slopes. Skiing places significant demands on your muscles particularly around the knee and core, so skiers need to find ways of preventing injury and building strength.

Prevention is better than Cure

If you have had a previous injury, particularly to your lower limb or knee you may have an underlying imbalance which could affect your performance or injury risk.

We offer **Strength and Balance testing**, using the **Kinvent Force plates** which is **targeted muscle strength testing** to evaluate your limb strength and performance on functional movements. This can help you focus on the specific exercises to incorporate into your injury prevention or rehabilitation regime leaving more time to prep for the slopes!

Did you know we are a Enovis Bracing centre?

Knee injuries account for around 1/3 of all injuries associated with skiing with particular risk to the ACL (anterior cruciate ligament), MCL (medial collateral ligament) and meniscus. Whilst bracing is not a substitute for strengthening exercises and rehabilitation, it can be useful when **returning from injury or preventative** if doing a higher-level multidirectional sport such as skiing.

Benefits of Bracing:

- **Increased stability:** the lateral movements and sudden deceleration forces involved in skiing can put extra strain on the structures of the knee.

- **Bracing can assist with proprioception** (your body's awareness of the knees' position) which can enhance balance and stability.

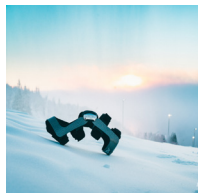
Furthermore specialised braces such as **DonJoy's Armour Fource Point** have the technology and design to **take the strain off the ligaments and reduce the time the knee is in the "at risk" positions** during higher level activities.

- **Increase confidence:** having the protection offered by a stability brace can help those on the slopes have the confidence to push their limits with more reassurance leading to a more enjoyable experience.

- **Preventative:** bracing can offer a proactive layer of defence for the structures of the knee particularly with more bespoke offloading type braces.

- **Pain relief:** The compression and support offered by braces can help skiers with existing injuries, or long-term issues such as arthritis, to reduce the overall pressure on knee structures, leading to less pain and inflammation. This in turn makes for a more comfortable on-slope experience and perhaps a faster recovery from a day on the slopes.

Book online or with reception for a brace fitting or Strength and Balancing Kinvent testing.



WHAT'S COMING UP at Life Fit Wellness for 2026!

Pilates for Golfers in Linlithgow

We will be kicking-off our ever-popular **Pilates for Golfers 5-week programme in January 2026** which is specific for people wanting to get golf-season ready!



Golf Screening

Now is the perfect time to have a Golf Screening assessment designed to **identify physical impairments, such as restricted movement or muscle weakness** that could be affecting your golf swing.



This screening helps prevent injury and may make a remarkable difference to how you play!

Nordic Walking

Enjoy the fresh mornings this winter in **Callendar Park** with a group of friends who enjoy a brisk Nordic Walk. Engage up to **90% of the body's muscles, burning more calories** than regular walking and improving cardiovascular health.

When: Tuesdays at 9:00am

Cost: Fitness bundle x 5 classes = £51

Pilates classes

Pilates is an excellent form of **exercise that tones and strengthens while working on your flexibility and mobility**. Find those muscles that have long been forgotten!



We have classes at both the **Low Port Centre in Linlithgow** and here in **Falkirk**.

Strength Training classes

Join our Strength Training classes and feel supported joining this circuit-based class. **Our PT John will ensure you stay motivated and feel stronger after each class you attend.**

Mondays & Thursdays at 1pm.

Cost: Fitness bundle x 5 classes = £51



Personal Training

Our Personal Trainer John is terrific at giving you the **extra motivation and support you need to get into a workout routine devised with your specific needs and goals in mind**. This is well worth the investment to help you reach your goals! You also get a **FREE weekly Strength Training class!**



For any **class bookings or queries**, please chat to the **Reception team**.