

# BECAUSE WE



## February is Heart Awareness Month

20% OFF

Get your heart health checked at Life Fit Wellness Falkirk:



- Weight, blood pressure, height, waist size.



- Breathing with a peak flow meter.



- Aerobic step test to determine your fitness level.

FOR FEBRUARY ONLY  
PRICE £40!  
BOOK TODAY!

# YOU

Life Fit Wellness

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

Tel: 01324 614 044

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



FEB 2026

Feel free to take me home

## YOUR MONTHLY WELLBEING UPDATE

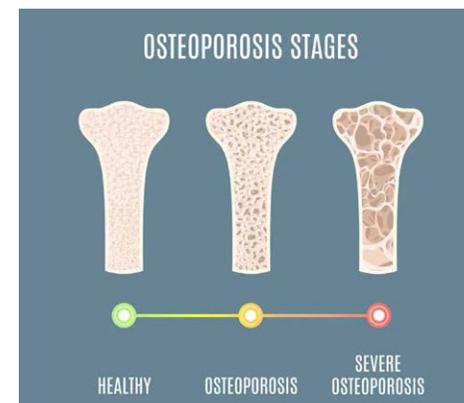
### How to tackle

## OSTEOPOROSIS

Losing bone density is a normal part of ageing, but some people lose bone much faster than normal. This can **lead to osteoporosis and an increased risk of broken bones.**

Bones are thickest and strongest in your early adult life until your late 20s. You gradually start losing bone from around the age of 35.

Women also **lose bone rapidly in the first few years after the menopause** and are more at risk of osteoporosis than men, particularly if menopause begins early (before the age of 45) or they've had their ovaries removed. However, **osteoporosis can also affect men, younger women and children.**



### BONE HEALTH CHECKLIST:

- **Maintain a healthy body weight** - If you're underweight or overweight, your risk of osteoporosis and broken bones increases. To protect your bones, aim to keep your body weight in the range that is healthy and appropriate for you.
- **Lead an Active Lifestyle:** Weight-bearing and muscle-strengthening exercises are great for bones. Short bursts of activity such as running then jogging, or jogging then walking.
- **Get Vitamin D** from safe sunlight exposure, your diet and Vitamin D supplements, if required.
- **Maintain good balance & coordination** This reduces your risk of slipping, tripping or falling – and potentially breaking a bone. Although falling feels like something you have no control over, this isn't always the case. Whatever your fitness levels, there are exercises and activities you can do to improve your balance & coordination.

Find out about **OUR TALKS** on Osteoporosis on the next page...

# We are here to support you: Osteoporosis Information Talks

We are pleased to **invite you to our upcoming osteoporosis information sessions**, designed to educate and support individuals living with osteoporosis or those who wish to better understand bone health.

**During the session, we will provide clear, evidence-based education on osteoporosis, including: what it is, how it affects bone health and common misconceptions surrounding the condition.**

A key focus will be on how **osteoporosis can be safely and effectively managed through appropriate exercise**. We will discuss practical strategies you can use to help yourself, reduce fracture risk, and maintain confidence in movement.

Looking ahead to later in 2026, we will also outline **our plans to offer tailored osteoporosis assessments and small-group exercise classes**.

**These sessions will be specifically designed for people living with osteoporosis, with the aim of building strength, improving bone density, and enhancing overall function** in a safe, supportive and professional environment.

Whether you are newly diagnosed, supporting someone with osteoporosis, or simply seeking reliable information, **this session is an excellent place to start!**

We will be hosting **two identical presentations**, delivered by our Chartered Physiotherapists, Morven and Stefan.

### Talk in Falkirk:

**When:** Friday, 13 March 2026

**Time:** 10:00am – 10:45am

**Where:** Life Fit Wellness Falkirk

**Presenter:** Stefan Sparkes



### Talk in Linlithgow

**When:** Thursday, 19 March

**Time:** 7:15pm – 8:00pm

**Where:** Low Port Centre in Linlithgow

**Presenter:** Morven Murray



Check out our new online assessment to check your **Back Pain level**

Scan Me



Take our Back examination now!

**Do you need to take action on your back pain?**

Discover your **Back Pain Level**

Are you eager to explore the factors that contribute to your Back Pain and Injury?

TAKE THE ASSESSMENT



**This Feb...**

# What's On at Life Fit

**LIFE FIT WELLNESS PILATES ONLINE: Add an Extra Class to your Weekly Routine**

Do you love your weekly Pilates sessions with our wonderful instructors and wish you could attend more classes, but struggle to find the time? We hear you—and we want to support you in **continuing your practice as often as possible**.

We know that convenience and familiarity help build consistency. By **practising at home with the instructors you already know and love, you'll be more inspired to roll out your mat** and enjoy the same sense of comfort and confidence you feel when you attend the clinic.

**JOIN PILATES ONLINE THIS MONTH!**

Members receive access to a growing video library of over 65 full-length (50-minute) Pilates classes, with new sessions added weekly.

**Scan the QR code to begin your FREE 2 week trial. Join this February and pay a MONTHLY SUBSCRIPTION of ONLY £8!**



**Nordic Walking Holiday in Andalucia 2026 - BOOK NOW!**



**When:** 27 April to 3 May 2026

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

**Using ultrasound to connect textbook anatomy with real-world patients**



**Stewart Kerr and Emmet Kennedy** will be running a **CPD evening for healthcare professionals**. Real-time ultrasound will be used to highlight **clinical anatomy of the ankle** and outline different treatment options for various ankle pathologies.

**When:** Friday, 27 February 2026

**Time:** 6pm - 8pm

**Where:** Life Fit Wellness Clinic, Falkirk

**BOOK AT RECEPTION!**