

This March...

## FOCUS ON YOUR FITNESS

### Pilates and Reformer classes

Get ready 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**.



### 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**.

Get to grips with the the basics of strength training with a **1-1 or 2-1 session** with John before joining in the regular **Strength training classes**.

Want to book an appointment or class?

Book online or with Reception

### Walk with a Physio

**Come and explore local walking routes with our physio Arlene** and meet new people who are as excited as you to go on an adventure!

Keep an eye out on our **social channels for the latest info** on where the **next monthly walk** will take place, and to book just give our reception team a call.

**March walk at Kinneil Woods, Bo'ness:**

**When:** Friday, 13 March 2026

**Time:** 11am - 12pm

### We do Golf Screening

Get **golf season ready** with golf screening that will **identify any issues** you may have and provide you with a **programme to rectify them**.



Life Fit Wellness

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MARCH 2026

Feel free to take me home

## YOUR MONTHLY WELLBEING UPDATE

### World Hearing Day

## EAR HEALTH MATTERS

Ear health and hearing play a vital role in overall well-being, communication, and quality of life. **Our ability to hear allows us to connect with others, stay safe, work effectively, and engage fully in everyday activities**. When hearing declines, the impact is not only physical but also emotional and social, often **leading to isolation, reduced confidence, and even mental health challenges**.

According to the World Health Organization, hearing loss is one of the most common global health conditions, affecting people of all ages. Despite this, **hearing health is often overlooked, and many individuals delay seeking help due to stigma or lack of awareness**.

Early protection, such as limiting exposure to loud noise, and timely intervention can significantly reduce long-term hearing damage and improve outcomes.

#### When to visit your GP:

- Ringing in the ears (tinnitus)
- Sudden hearing loss
- Persistent ear pain
- Dizziness or balance issues
- Fluid discharge

### Protect your hearing:

- **Control noise exposure** - Avoid sounds above 85 decibels.
- **Wear earplugs or earmuffs** to concerts or clubs.
- **Clean ears safely** - do not insert cotton swabs, hairpins or other objects into your ear canal. If it feels like you have a build-up of wax, use an olive oil spray and consult an ear wax removal clinician.
- **Prevent infections** - Don't share earbuds or hearing aids and clean your ear devices regularly.
- **Treat colds, sinus infections and allergies** promptly to prevent ear complications.
- **Stay physically active** to support circulation to the inner ear.

## Have you heard?



# A note from our Ear Wax Removal Clinician

## Why is World Hearing Day important?

In short, it:

- Raises **awareness** of hearing loss.
- Educates people about **protecting their hearing**.
- Encourages **early action**.
- **Reduces the stigma** attached to hearing loss.

Did you know that during an **Ear Wax Removal** appointment at Life Fit Wellness, we will **offer you a hearing test**, as it is included in the time and cost of your initial appointment?

We use the Tympa hearing component and it is more of a screening or basic assessment than a full diagnostic test, however it will give **an indication of hearing loss and whether a referral for further testing at an audiologist is required**.

We are introducing Hearing tests for your convenience.

This will be of benefit if you think you may have some hearing impairment and would like some clarity with what is going on in your ear.

### PRICES:

Ear wax removal: £67.00  
Hearing test: £50.00

## What is included our Ear Wax Removal service?

**Otoscopy** – A clear visual ear examination to determine the presence of wax. HD images and videos are taken on the device and are shown to the patient.

**Microsuction** – Using suction, wax can be removed from the ear safely and effectively. Once removed, images are taken, shown and discussed with the patient.

**Hearing Test** – the hearing test results are presented in a graph to give the patient a visual representation of their hearing. Referral can be advised at this stage to an audiologist.

**Mhairi Bruce**  
Ear wax and hearing test clinician



Looking after your hearing now will enable you to continue to socialise and live independently.

# Meet our Admin Team

Hi there, we are **Jackie, Katy, Paul, Ian, and Shireen**, and if you've ever phoned, emailed, or visited Life Fit Wellness, chances are you've connected with one of us!

We're the friendly voices on the line, the welcoming faces at reception, and the team **working behind the scenes to keep everything running smoothly**. Each of us brings something unique to the table, and together we cover a wide spectrum of responsibilities that keep the clinic thriving.

## What we do:

- **Reception and client care:** Greeting clients, managing bookings, answering calls and emails and making sure everyone feels welcome from the moment they walk in.
- **Administration:** Handling paperwork, maintaining records, coordinating schedules and keeping our systems organised and efficient.
- **Accounts:** Managing invoices, processing payments, managing budgets and ensuring everything adds up behind the scenes.
- **Marketing and communications:** Creating content, updating social media, designing campaigns and spreading the word about what's happening at Life Fit Wellness.
- **Tech support:** Troubleshooting systems, maintaining equipment and making sure our digital tools are working smoothly.
- **Operations:** Stocking supplies and coordinating with practitioners which keeps the clinic and classes running like clockwork.

We're a **team of multitaskers**, and yes, our reception desk doubles as our office, which is why it can sometimes feel a little busy!

But that's part of the charm! Whether we're helping a client book their next appointment or solving a tech hiccup, we're here to make sure every experience at Life Fit Wellness is seamless, supportive and full of care!

**We're proud to be the first point of contact for new patients and a constant support for our existing ones**—helping guide you on your journey to recovery in a warm, non-clinical way.

We coordinate schedules across multiple clinicians and like to ensure that each patient's journey—from referral to recovery—is seamless.

We are the **first to greet patients, the last to say goodbye, and often the ones who remember the little things that make a big difference**: a familiar face, a kind word, a glass of water or a quiet space when someone needs it most.

Every patient's journey is unique. Some arrive unsure, others ready to begin. Whether it's a new injury or a long-standing issue, our first chat is all about listening, supporting, and gathering the right info. While we're not medically trained, we can answer basic questions and always have practitioners nearby. **We aim to book appointments that fit around work, school, or special requests.**

It's always **rewarding to hear how well patients are doing, and we love to chat about all things** - not just the weather!

