

MAY 2026
Feel free to take me home



YOUR MONTHLY WELLBEING UPDATE

Health Benefits of Walking

- **Prevent or manage various conditions:** including heart disease, stroke, high blood pressure, cancer and type 2 diabetes.
- **Strengthen your bones and muscles**
- **Increase energy levels**
- **Reduce stress and tension**
- **Strengthen immune system.**
- **Improve muscle endurance**

To highlight **National Walking Month**, we will hold two free 'Walk with a Physio' walks at Linlithgow Loch. **You are welcome to stay for a drink before and afterwards at the Active Travel Hub.**

MORNING MEANDER WALK on Tuesday, 19th May 2026 at 11:30am.

AFTERNOON AMBLE WALK on Wednesday, 27th May 2026 at 2:00pm.



National walking month

WHY STEPS ARE GOOD FOR YOU

The need to encourage people to go for walks is more necessary than ever! With our sedentary lifestyles, working at a desk and somehow always attached to some or other digital device, we need to **step out in nature whenever we get a chance!**

How to get the most out of your walks

The faster, farther and more frequently you walk, the greater the benefits. For example, you may start out as an average walker, and then **work your way up to walking faster.** This can be a great way to get **aerobic activity, improve your heart health and increase your endurance** while burning calories.

You can also alternate periods of brisk walking with leisurely walking. This type of **interval training** has many benefits, such as improving cardiovascular fitness and burning more calories than regular walking.

Nordic Walking adds a further cardio workout as it uses up to 90% of body muscles compared to 50% in normal walking. It also provides **superior cardio, strength and posture benefits, while reducing joint impact.**

paths for all

FOR A HAPPIER, HEALTHIER SCOTLAND

Walk every day this May

Join in for daily adventures this National Walking Month. Remember to share your walking or wheeling stories with us on social media.



#NationalWalkingMonth

1 Thursday
Start off small! Take a 10-minute walk around the block, your garden, or even indoors.
 Done!

2 Friday
Start a walking journal for the month and note down anything interesting you see on your walks.
 Done!

3 Saturday
Walk without looking at your phone. Tune into the world around you.
 Done!

4 Sunday
Find five green things on your walk: leaves, clothes, doors... or Yoda, if you're celebrating.
 Done!

5 Monday
Smile or greet someone you pass on your walk.
 Done!

6 Tuesday
Go for a walk and talk with a friend, or give them a ring as you stroll.
 Done!

7 Wednesday
Go for a walk by the water: a pond, river, canal, loch or the sea.
 Done!

8 Thursday
Do a small act of kindness on your walk: pick up litter, help someone, or clean a sign.
 Done!

9 Friday
Take a stroll in the evening and watch the sunset.
 Done!

10 Saturday
Bring a pen and paper. Sketch or write about what you see.
 Done!

11 Sunday
Start a story on a group walk. Take turns adding to it and keep going as long as your walk lasts.
 Done!

12 Monday
Mix it up. Change the pace of your walk from brisk, or slow yourself down.
 Done!

13 Tuesday
Check how many steps you naturally do. There's no pressure to do more, just take notice.
 Done!

14 Wednesday
Try some deep breathing before or during your walk for a stress-free wander.
 Done!

15 Thursday
Walk somewhere that holds a memory for you.
 Done!

16 Friday
You're halfway there! Tell us about your walk today or best walk so far @PathsforAll
 Done!

17 Saturday
Take friends or family on a mini scavenger hunt. Look for things like 'a number 7' or 'something blue'.
 Done!

18 Sunday
Walk with no destination in mind. Let your feet decide.
 Done!

19 Monday
Listen to something as you walk: a playlist, a podcast, or birdsong.
 Done!

20 Tuesday
Celebrate World Bee Day by noticing the flowers on your route or going on a Bee Walk.
 Done!

21 Wednesday
Walk somewhere you can see the sky. Take time to notice the clouds, the colour of the sky, or the stars.
 Done!

22 Thursday
Take a photo on your walk. Share it with us @PathsforAll
 Done!

23 Friday
Walk to the shops, a cafe or a restaurant.
 Done!

24 Saturday
Try a new park, or nature spot today and make a list of all the wildlife you can see.
 Done!

25 Sunday
Repeat your favourite walk from earlier in the month. What feels different now?
 Done!

26 Monday
Try to name three birds, trees or plants. Or describe them in your own way.
 Done!

27 Tuesday
Find a peaceful place: a nature spot, a museum, or your favourite bench.
 Done!

28 Wednesday
Walk with a destination in mind this time! Choose a spot you feel comfortable walking to.
 Done!

29 Thursday
Walk somewhere indoors. Try going along corridors, up and down stairs, or walking on the spot.
 Done!

30 Friday
Walk with someone who is younger or older than you.
 Done!

31 Saturday
Take a walk that feels good. Celebrate the new habit you've built.
 Done!

You did it. Well done!

What we have lined up this Spring / Summer

It's going to be a good one!

ULTRASOUND AND INJECTION TALK with Stewart and Emmet

If you have been considering coming in for a scan and injection for yourself, or if it is just something you wish to find out a bit more about, then join our experienced **Sonographers, Stewart and Emmet**, for a fascinating look at how **ultrasound-guided injections can be used for joints, ligaments, tendons, muscle and nerve tissue**.

They will also cover what types of common conditions they can treat and which injections they are able to offer, as we have multiple on offer for specific issues.

FALKIRK SCIENCE FESTIVAL - we will be there!

Falkirk Science Festival is set to return from **Saturday, 2 May to Saturday, 16 May 2026**, bringing two weeks of **interactive and family-friendly science activities to communities across the Falkirk area**.

Organised by Falkirk Council and now entering its seventh year, the festival continues to grow in scale and ambition, offering a **diverse programme designed to spark curiosity and celebrate innovation** with the aim of making science accessible for all ages.

We will be there with our PT John - who had a queue of people wanting to **test their grip strength (and find out who is strongest)** and Stewart will bring along his **scanning machine to wow visitors with ultrasound!**

Patients we see most often suffer from Frozen shoulder, osteoarthritis, tendon problems, etc. **We look forward to welcoming you!**

DETAILS:

When: Friday, 12 June 2026
Time: 5:30pm till 6:30pm
Where: Life Fit Wellness Falkirk

To book, please phone reception or email us.

We can do:

EARWAX REMOVAL and a HEARING HEALTH CHECK

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.**

Patient Journey: Here is Leoni's Story

Over just a few weeks, **Life Fit Wellness** helped me significantly strengthen my right foot and knee through targeted physiotherapy and carefully tailored exercises.

Working with Lisa was an absolute joy, her encouragement, expertise and belief in my progress made all the difference. Lisa even recommended a new pair of trainers to better support my growing love of playing cricket and, she was right - they have made a huge improvement!

Week by week, my confidence grew as I **gently pushed through movement boundaries** in my knee and foot which once held me back. **Now, I feel ready to take on an incredible new challenge: walking 50kms along the Great Wall of China over a handful of days this October 2026.**

When this once in a lifetime opportunity was advertised through my work, I didn't hesitate to sign up!

I am fully motivated to prepare and so grateful to Life Fit Wellness for helping make this dream possible.

I am fundraising for **Daisy Chain**, a wonderful charity that supports and **empowers autistic and neurodivergent individuals** through holistic, person-centred approaches that promote wellbeing, inclusion and acceptance for individuals and families who truly need it.

If you can donate, no matter how small, you will be helping Daisy Chain continue their incredible work and you will be supporting me every step of the way on this journey.

Here is my fundraising link:

<https://daisychainsglobalstepschallenge.enthuse.com/pf/leona-littlejohn>

**GOOD LUCK
LEONI!**



ON YOUR WAY TO RECOVERY? Take the next step with our PT John

You have been conscientious with seeing your physio and now you are wondering what **your next steps** should be? This is where our **personal trainer John** comes in! He **works closely with all our physios** to take into account what issues the patient has and will tailor a programme to suit you.

A 10% discount is available for PT sessions if you are a patient. Book a free consultation with John via our reception team.

