

YOUR HEALTH & WELLBEING

A Monthly Newsletter by Rebecca Wellness



Well into the year..

I never quite got around to April's newsletter, life has a way of bringing new ideas, challenges and jobs, so working out what needed my attention more, meant no April newsletter. Family commitments and slowly coming out of lockdown to see clients again, took priority.

Taking the positives from the last year, I have totally enjoyed spending time with my family, making the bonds with my grandchildren. Having to think outside my usual boundaries of how I work, where I live and how to be still in one place for a while, have all been great opportunities for me to reassess and learn about myself.

With the coming of Spring, the slow relaxing of restrictions, it's a time to make some decisions and plans, this is within the elements the role of the Wood element

To help me explore this I am creating a new vision board for how I would like to see my life, we are constantly changing, growing and learning, so taking time to check in with yourself is important, do you still like the things you used to 10 years ago, 5 years ago or even last year?

Take time to revisit this, write your thoughts down in a journal or create your own vision board. Remember to consider all aspects of your being, your physical health, mental wellbeing and spiritual side. Your many different roles as a family member, worklife, personal life, friends, time for hobbies and things you're passionate about. Remember don't hold back on anything you would like to achieve or strive towards.

BUILD MORE
MUSCLE MASS

*Everything in
the universe is
within you.*

*Ask all from
yourself
Rumi*

Benefits of weight bearing exercise

The health benefits of physical exercise

Physical exercise is very important as it encourages the flow of energy around the body, which in turn helps to protect and nourish all the body systems.

Weight training or resistance and strength training involves any activity that puts a load on your muscles, which stimulates them to become stronger. Other benefits include, Improving your endurance, improves posture and strengthens the bones. As we age our bone density decreases especially in women as they go through the menopause, weight bearing exercises can help to support healthy bones by maintaining bone mass and reducing bone loss. As we age we can reduce the risk of bone fractures by strengthening the muscles to help with balance and coordination preventing falls. Other benefits include reducing the risk of anxiety and depression.

From May I will be adding a weight bearing class to the online fitness, yoga and meditation classes

You can use weights, resistance bands or kettle bands for this type of exercise.

To find out more please contact me.

Health Awareness Days in May

National Walking Month

Walking is a great way to get exercise, it is easy on the joints, you can walk at a slow or fast pace and take in the local area around you, or explore further afield. Set yourself a challenge this month to either achieve a certain amount of miles for the month or a daily or weekly goal. Make sure that you have good footwear a lot of knee and hip issues can arise from badly fitted shoes. Take a look at your feet do you roll to one side or turn your feet in? If this is the case then you may need insoles. if you have any concerns you can see a podiatrist or osteopath or make an appointment to see me. When you get out walking make sure to be mindful of the surroundings, notice what you see, hear and smell. If it rains feel the drops of rain on your hands and face, breath in and out and notice all the wonderfulness of life.

Mental Health Awareness Week

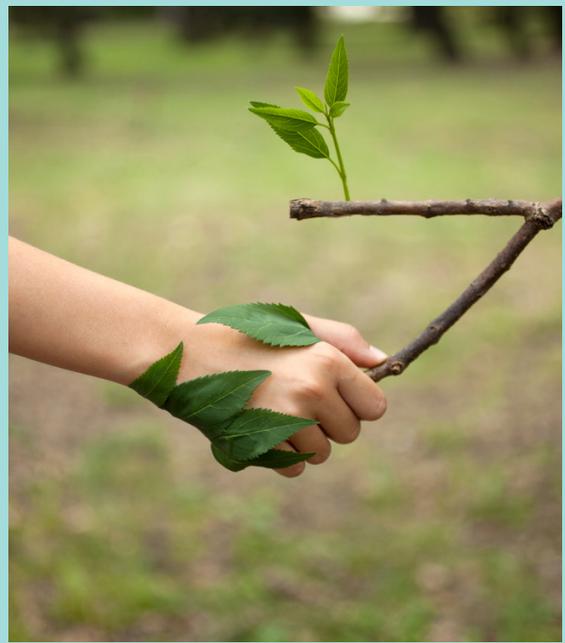
The 10th - 16th May 2021

The theme for Mental Health Awareness Week this year is NATURE. Spending quality time with nature can reduce stress, balance your mood and help you feel more positive. The important thing is to switch on your senses and really connect - whether that's noticing nature on your daily jog, walk or listening to the birds on your woodland walk.





CREATE YOUR VISION BOARD



WALK IN NATURE



WEIGHT TRAINING



MIND HEALTH



This month explore the movement of Qigong in a taster session as part of the online fitness package

www.rebeccawellness.life