

Newsletter

April 2024



Exercise of the month: BRIDGE -variations

Bridging strengthens the posterior chain of the body, which means the glutes, hamstrings and spine erectors all get a good work out during a bridge. It also increases hip flexor length and improves hip extension.

When performed correctly, a bridge exercise can help promote better posture, It is often prescribed for patients with back pain , and increases the activities of trunk stabilization muscles such as the internal oblique, external oblique, and erector spinae muscles.

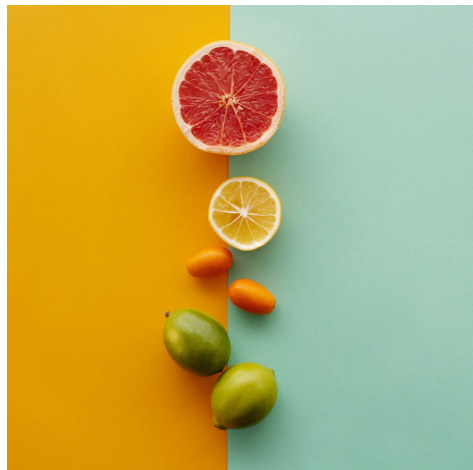
This is also a great exercise for people who are unable to squat due to back, hip, or knee pain.

This month we will add a few different stability and balance exercises. Do these when you wait for the kettle to boil. Start drinking more water as the summer heat increases...

April Focus

Strong glutes and hamstrings can help improve posture, alleviate lower back, hip and knee pain, enhance athletic performance, reduce bone density loss and even eliminate that stubborn abdominal pooch.

Using the abdominal muscles to keep the pelvis stable will increase balance and stability through out.



Mindful eating

These are a few signs to show that you are not mindful when eating:

1. poor sleep
2. chronic pain
3. fatigue
4. inflammation
5. over thinking
6. over weight
7. obsessed with personal image
8. poor relationship with food
9. you seek numbing activities (shopping, overeating, gambling)

[Read the full blog...](#)



On offer:

Mindful eating course