

# Back to Health



## Clinic News

As we embark on a new year, the team at Beach House Chiropractic are here to help you achieve your health ambitions and goals throughout 2018. Perhaps you're committed to getting on top of aches and pains, keen to strengthen and balance the body or make sure you have the mindset to take on a big challenge.

Sadly, many of us struggle to keep our healthy resolutions beyond a month or two and this can be frustrating – no one likes to fail! We encourage you to share your aspirations with us and let us be a support, a confidant and friend in helping you get the best out of yourself in 2018. ***In short, we've got your back!***



## Yoga Course



From January we will only be running one Yoga Class each week. The Yoga Class will take place on Tuesday evenings at 7.30pm. Places are limited to just 7 people so you can be assured of personal attention and guidance. For more details and to book a taster class, please speak with reception. The Yoga Class will run on a 6-weekly course basis. For new starters, the first class can be paid for individually at just £11.

## Stability Cushions

### Wobble Your Way to a Stronger Core!

It's the posture product that most people ask us about so we now stock the cushions here in the clinic. Stability Cushions can be used for a whole host of posture and stability exercises from beginner to more advanced training. Recommended by the American Posture Institute, Stability Cushions can be taken to work and used in the chair, you can use them at home or in the gym for core exercise and they are great to use before a Chiropractic adjustment. Remember, the spine loves movement (***motion is lotion***) and Stability Cushions are perfect to stimulate movement and bloodflow throughout the spine.

When you're next in, take a few minutes to tackle our three Stability Cushion exercises before your adjustment in reception. Stability Cushions can be purchased direct from us for just £20. Complimentary exercises guides available too!

## Thank You For Your Referrals

Thank you to everyone who referred Family, Friends and Work Colleagues to us during December. Your confidence in us is greatly appreciated.

Janice Barham	Louise Guile	Nicola Parsons	Sara Siebel	Adam Flinders	Adam Milne	Debbie Flint
Ella Sims	Haley Ellis	Hannah Nardella	Lisa Bant	Michael Limmer	Neil Evans	Simon Vertue
Sue Bennett						

Do you know someone we can help? **Our full introduction is still only £25 and includes a full examination, Report of Findings & 1<sup>st</sup> Treatment for people referred by current Practice Members.**

## Quote Of The Month

*"One of the greatest feelings in life is knowing that 2 weeks ago your body couldn't do what it just did"* Anonymous

## Our 7 Step Approach to Reaching Your Health Goals in 2018

This time of year, many of us set health goals for the months ahead. However, a well-intentioned plan can often slip by February and by March is a frustrating memory. To help you hit your goals here is our 7 Step Approach;

### Step 1

Visualise your success story to get clear on what you want – weight loss, less pain, healthy body, fitness boost. Be specific with what you want!

### Step 2

Create a strong and convincing reason why. You'll need this to motivate yourself, particularly in times of flux.

### Step 3

Break your goals down into bite size chunks. This way it's far easier to achieve realistic targets in reasonable time.

### Step 4

Set some dates in your diary to keep you on track. For example, if you want to lose 1 stone in weight be clear on the date you will do this by.

### Step 5

Get advice and follow others. Chances are any worthwhile goals have been achieved by others. Follow the steps others have already taken to help ensure success. Online blogs are a great resource for tips and support.

### Step 6

Don't be hard on yourself if you have a slip up. Stay focused, stay positive and just get back on track.

### Step 7

Reward yourself. Enjoy the journey. As the saying goes... **'success is a journey, not a destination'**.



## High Intensity Interval Training

### Still Considered a Game Changer!

Burning fat from adipose cells tends to be more difficult as we age due to the changing chemistry within our bodies. However, High Intensity Interval Training (HIIT) has been shown by research to stimulate muscles to release Myokines (a protein) which significantly reduce body fat. HIIT is also well known to give brilliant strength gains, so important as we age. A good all round HIIT routine will work most, if not all your major muscles. More focused programmes will give your core (so vital for great posture) great conditioning too.

HIIT is a fairly loose term now but we are referring to structured exercise programmes that typically raise the heart rate to 85% of its maximum. HIIT normally lasts for just 20-30 minutes and involves short bursts of intense activity with plenty of short rests. Fitness experts at Les Mills suggest two sessions of HIIT per week is ideal and provides the greatest benefit. HIIT programmes can be performed solely for cardio benefits, for strength or combined to benefit both. More information on HIIT can be found online.

## Practice Member of the Month



This month we have chosen a Clare Muckle, as Practice Member of The Month. As always, there are so many great candidates to choose from, but Clare gets the vote.

Congratulations to Clare Muckle, our Practice Member of the Month for January. Clare came to see Ali with symptoms related to both physical and emotional stress.

Clare is not alone in experiencing tight muscles in the chest and upper back, regular headaches and feeling the 'flight or fight' state. Showing classical symptoms of Sympathetic Dominance, Clare received regular Chiropractic care and took greater control of her health, taking on board recommendations for changes to her exercise programme, introducing daily relaxation and stretching along with specific supplements to help calm the nervous system.

Clare's progress has been fantastic and we're super-proud of her commitment to taking her own health to a new level. Well done Clare!