



AUGUST NEWSLETTER



Free T-shirt 😊



To get your hands on one of these 'Exclusively Designed by me, Limited Edition' T-shirts, **ABSOLUTELY FREE**....just come to 3 or more classes during August [while stocks last].

Superfood of the Month

BENEFITS OF SWEET POTATOES



- RICH IN VITAMIN C, E, B6, AND BETA-CAROTENE
- HEART HEALTHY
- AIDS WEIGHT LOSS
- ANTIOXIDANT RICH
- GOOD FOR SKIN AND HAIR
- LOWERS BLOOD PRESSURE
- GOOD FOR EYE HEALTH

What is D.O.M.S.?:

'Delayed Onset Muscle Soreness'

This is the 'Sore' feeling we sometimes get after we exercise, here are a few facts about it:

1. Normally occurs between 12 and 48 hours after exercise, and can last up to 72 hours.
2. It is caused by minute 'Micro-tears' in the muscle fibres during exercise that then become inflamed and is nothing to be concerned with, unless it lasts more than 3 days [which suggests you have 'overdone' your training].
3. It can be pretty painful, but the best way to treat it, is to move about again to gently warm the muscles & loosen the tension.
4. Making sure you are properly hydrated before/after, & warming up properly before exercise, can lessen the discomfort, as can soaking in Epsom Salts [add $\frac{1}{2}$ pint to your bath]. However, even the fittest person can still get D.O.M.S if they are doing a 'new' exercise, or working at a greater intensity to normal.

It simply means your body is getting stronger ☺

Twycross Zoo GIG !

Some of you may know already that I sing with a Rock Covers Band called '**StonePunch**'

We have been invited to play at Twycross Zoo on Saturday August 22nd as part of the 'Summer Sundown' Festival's they are hosting over the summer.

It should be a great day out and evening admittance is just £5

<http://twycrosszoo.org/summer-events-at-twycross-zoo/>



Challenge for the month :

Most of you may of tried the class 'challenge' to be able to get up to standing from a seated or lying position, without using your hands.

Well here is your next challenge if you wish to accept it:



Bank Holiday Monday 31st August : Classes cancelled,

but you are welcome to attend any other class that week

[Wed 6pm or Fri 1pm are currently the quietest classes]

**YOGA INSPIRED JEWELLERY ☺ THE PERFECT GIFT FOR ANY
YOGA FAN:**

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Have a great MonthSee you in Class**Adele** ☺

www.yogawithadele.co.uk