



KINETIC CHAIN
ASSESSMENT SPECIALIST

Yoga with Adele: May Newsletter 2018




Pose of the month : Boat



For strengthening our deep core muscles and abdominal muscles.

In both variations try to keep the spine tall, chest lifted and gaze forwards, relax the shoulders and remember to breathe.

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Cauliflower

 cancer fighters

 heart health

 anti-inflammatory

Provides...

- vitamin B6
- vitamin C
- vitamin K
- protein
- dietary fiber
- potassium
- folate
- manganese
- riboflavin

Did you know?
Cauliflower contains omega-3 fatty acids which are very powerful anti-inflammatory agents.

Digestion
Cauliflower is an excellent source of dietary fiber, which is crucial for good digestion. When you have a diet that is rich in fiber, it helps the intestines to function smoothly.

Cauliflower is a cancer fighting cruciferous vegetable.

Cauliflower is a cruciferous vegetable. A diet high in cruciferous vegetables like cauliflower has been linked to a significant reduction in the risk of prostate, breast, colon, ovarian, and bladder cancers. Cauliflower is rich in cancer fighting antioxidants.

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****May Bank holidays...**

No classes on Mon 7th

or Mon 28th **



Big /Greater Toe joint

Last week we did some work on our Big Toe joints, so here is just a quick re-cap in case any of you missed it.

1. It should have 80 -90 degree flexion, if not, it can affect our natural gait.

2. It has a huge impact on the rest of our Kinetic Chain, leading to ankle, knee and even lower back problems.

3. Compression of this joint can lead to loss of mobility and this is often

caused by our footwear. Decompress them by pulling /wiggling/massaging the toes, therefore creating traction.

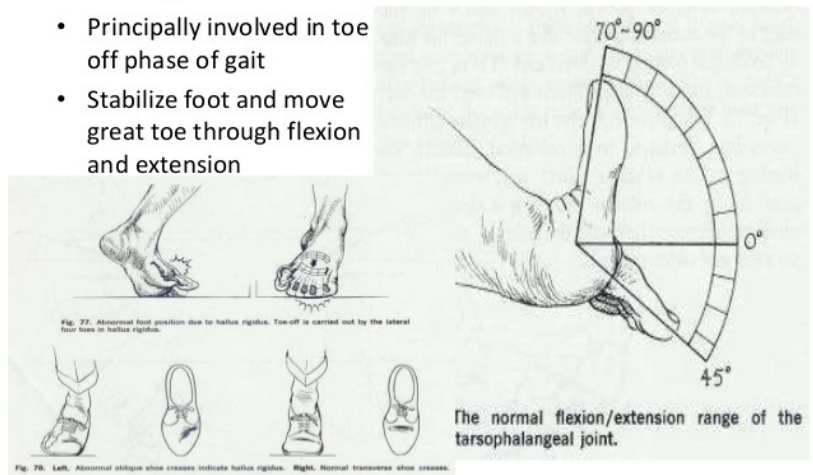
4. Flip-flops are particularly poor footwear, as they encourage you to squeeze your big toe & second toe together, so try not to wear them for long periods.

5. We can help to re-align them by using toe-separators or simply putting a hair band around your big toes to stretch

the toes apart [see pics], do this for 10 mins 3 or 4 times a week.

Range of Motion.... First MTP joint motion

- Principally involved in toe off phase of gait
- Stabilize foot and move great toe through flexion and extension



Have a great month...see you in class Adele x



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