



'Yoga with Adele' Newsletter: March 2020



KINETIC CHAIN  
ASSESSMENT SPECIALIST

## Pose of the month: Plank



Great pose for core & upper body strength /bone density /stamina.

Good form is essential to get the most of this pose, we will be working on variations of this all this month. Begin by trying to hold for 10 seconds then 20 etc, gradually building up to a minute or two over time .

## MAGNESIUM HEALTH BENEFITS

- Maintains normal muscle and nerve function
- Promotes muscle relaxation
- Promotes cardiovascular health and a steady heart beat
- Retains normal blood pressure and blood sugar
- Provides relief from PMS symptoms including weight gain, breast tenderness, and bloating
- Strengthens bones
- Supports bone metabolism
- Supports a healthy immune system

Magnesium is so important to anyone who exercises regularly.

We need to get some into our body every day as our bodies can't store it and we can easily become deficient .

Signs of deficiency include muscle cramps, poor sleep, aching muscles and soreness after training.

## Sources of Magnesium include :

Epsom Salts: 2 big handfuls in a hot bath and soak for at least 20 minutes.

Magnesium spray or lotion rubbed directly onto the skin.

Nuts, Pumpkin Seeds, Bananas, Avocados, Chick Peas, Spinach, Dark Chocolate /Cocoa over 70%, Whole-wheat /Buckwheat.

Due to the current concerns regarding the Coronavirus and simply for everyone's benefit, I am asking that you please avoid classes if you are showing any signs of cold/flu. Thank you.

Sometimes resting up, is a better option than trying to shake off an illness by exercising, but if you really feel the need to exercise, then a 20 min brisk walk in the fresh air is probably a much better choice to boost your immune system.

Alternately, can use my FREE Video Workout channel on You Tube

<https://www.youtube.com/user/yogawithadele1/videos>

## 10 HEALTH BENEFITS OF PEANUTS

1. Stabilize Good/Bad Cholesterol
2. Protects from Heart Disease
3. Contain Many Amino Acids
4. Good Source of Protein
5. Healthy for the Brain
6. Fights Free-Radicals
7. Contain Good Fats
8. Rich in Vitamin E
9. Protects Skin
10. Rich in Fiber



Have a great month ...

See you in Class 😊

Adele x

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