



## February Newsletter 2021



KINETIC CHAIN  
ASSESSMENT SPECIALIST

### Pose of the Month : Prayer Twist

Stretches Hip flexors and upper back, it challenges balance and strengthens the legs. To modify the pose you can place your back knee to the floor.



### LIVE Yoga Classes on Facebook

Thanks to all of you who have joined me for these sessions, I shall carry on with them whilst Lockdown continues.

**Tues 6.30pm Yoga**

**Wed 6.30pm Yoga & Weights**

**Thurs 12 Midday Yoga**

**Fri 10am Yoga**

Did you know that you can 'Pause' & 'Rewind' during the Live-stream and even watch them afterwards too? So if you can't make the times, then you can watch on 'Catch up' at a time to suit you. To join me simply follow my Facebook Page .

<https://www.facebook.com/yogawithadele1>

### YouTube

I am still adding Yoga workouts to my YouTube Channel but I am now also including 'Tutorial Videos' on things such as Plank Pose, Downwards Dog and Breathing & Movement.

Please let me know if there are any poses or topics you would like me to cover in more detail.

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



Regular exercise is so important for us all right now, so Facebook Live and my YouTube Channel will remain FREE for you all to use. I realise how difficult it is to stay motivated with many people currently struggling.

However, 'Tip's' are hugely appreciated so 'Thank You' so much to everyone who has 'Tipped' me so far. You're quite literally keeping me in business during this pandemic☺

## 15 Benefits of Squash



*Low in calories*  
*High in Vitamin C*  
*Good source of magnesium*  
*High in Vitamin A*  
*High in Fiber*  
*Cholesterol-free*  
*Aids in weight-loss*  
*High in Potassium*  
*High in Antioxidants*  
*Improves breathing due to*  
*Mg and vitamin A, C content*  
*Reduces high blood pressure*  
*Helps prevent osteoporosis*  
*Prevents cataracts*  
*Helps prevent cancer*

*Reduces risk of heart attack and stroke*

It does not matter  
how slowly you go,  
as long as you  
do not stop.

Confucius



## 4 Hours Every day.....

This is how long a human skeleton needs to be 'Vertical' in order to encourage and maintain healthy strong bone density.

Let's be honest, with the lockdown, rain & snow and dark cold evenings, sitting on a comfy sofa is becoming something that, even the most active of us ,are likely to be doing a little more of lately.

So here is a challenge for you to do in February which will take you less than 2 minutes per day but will help to increase your bone density.

Studies have shown that Single Leg Balancing for 10 seconds is equivalent to a 1 minute march and for 1 minute is equivalent to 50 min walk in terms of Bone Density gains.

**So Get Balancing !**



*Have great Month ...'See' you online*

*Stay Safe*

*Adele xx*

Virtual 'Tip's Jar :

[paypal.me/yogawithadele](https://paypal.me/yogawithadele)

Or BACS :

Sort code:56-00 -45 Account No:00328472

Adele James...Thank You xx

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