



Yoga with Adele August Newsletter 2021

Foods that help Hydrate

During the recent heatwave and high humidity it's very easy to quickly become dehydrated if we don't drink enough water.

Did you know you can also increase your fluid intake by eating foods such as Melons, Strawberries, Cucumber, Kiwi's, Oranges, Tomatoes and also top up your vitamins while you are at it 😊

Watermelons are the No1 hydrating food at over 90% water content :

Effective Kidney Cleanser

Strengthens Immune System

Helps Muscle & Nerve Function

Promotes Digestion & Regularity

Prevents Heart Disease & Stroke

Reduces Cancer Risk

Anti-Inflammatory

Maintains Eye Health

Alkalizing

Anti-Nausea

Natural Diuretic

High in Vitamin B6

Strengthens Bones

Reduces Body Fat

Protects Skin from Sun

Improves Liver Function



Yoga Class Timetable during August :

Please remember there No classes week of Mon 2nd to Fri 6th.

Mon 10am Yoga Weights Dadlington Village Hall

Mon 6.30pm YOGA George Ward Centre , Barwell

Tues 10am YOGA, Sharnford Community Centre

Wed 6.30pm YOGA ,& Yoga Weights on Alternate weeks : George Ward Centre, Barwell

Thurs 12.00pm YOGA , The Parish Hall, Market Bosworth

Fri 10 am YOGA Sharnford Community Centre



Daily 'Prescription' Exercises ?

So if you went to your GP with a problem and they prescribed you a medicine that would treat it ,**BUT** you needed to take it every day for it to work ...you'd do it wouldn't you ?

Well what if there were simple exercises that you could do to **PREVENT** common health problems, simply by doing them every day for a few minutes ?

Here are my top 3 that take just a couple of minutes a day to perform, you can even combine them.

1. Pelvic Floor exercises : Can be done anywhere anytime ..as no one can see you do them. These help with incontinence issues /improve core strength / prevent lower body pain such as hips & back. Begin by simply trying to 'draw up' the pelvic floor and hold for a few seconds then relax and repeat
2. Single Leg standing balances such as Tandam Stance or Single Knee lift: Improves stability /core strength / bone density / prevent falls.
3. Breathing work : such as Abdominal /Box breathing or Alternate Nostril Breathing : Reduces mental and emotional stress , increases energy / improves posture/ reduces pain/ better sleep/relieves anxiety/ improves mood.

Pose of the month : Wide legged Rishis Twist



Great for stretching the legs, chest and spine & improving thoracic mobility .To modify you can use a Yoga brick to raise the ground to you.

Have a great Month .. See you in Class

Adele xx

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