



Yoga with Adele Newsletter September 2022

Exercise of the Month :

Towel Wringing for Grip strength

Aim for 20x reps with right hand moving forwards, then 20x reps with left hand.

Normal grip strength for women over 50 is 20kg / Men 30kg



I now have a Dynamometer which I bring to classes so you can test your Grip strength 😊

New Class **50+ Functional Fitness**

Starts Sept 5th: Mon 10am George Ward Centre, Barwell.

This class will be replacing the Yoga + Weights sessions.

It will continue to be based on Yoga & Free Weights but, in addition, will include exercises that are particularly beneficial as our bodies age to improve and maintain Balance, Grip Strength, Co-ordination/Motor skills , Hip mobility, Sensory systems such as Eye exercises & Spatial awareness, Pelvic Floor health and more.

You will need to bring a Yoga mat, a pair of Free weights [Dumbbells 1kg, up to 4kg, depending on your strength] and a hand towel.

Autumn Class Timetable :

Mon 10am 50+Functional Fitness, Barwell

Mon 6.30pm Yoga, Barwell

Tues 10am Yoga, Sharnford

Wed 6.30pm Yoga, Barwell

Thurs 12 Midday Yoga, Bosworth

Fri 10am , Yoga Sharnford.

ALMOST
EVERYTHING
WILL WORK
AGAIN IF YOU
UNPLUG IT
FOR A FEW
MOMENTS.

EVEN YOU.

10 Health Benefits of... Raspberries

1. Boost Immune System
2. Rich in Anti-Oxidants
3. Rich in Vitamin A
4. Normalise Blood Sugar
5. Burns Fat
6. Increase Red Blood Cells
7. Maintains a Healthy Heart
8. Helps with Anti-Aging
9. Anti-Inflammatory
10. Prevents Cancer



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Have a Great Month ...See you in Class 😊

Adele xx

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