

Yoga with Adele November Newsletter

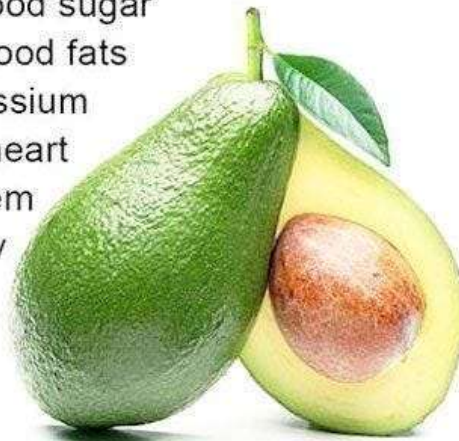
Pose of the Month : Chair Toe Balance

This pose strengthens the feet and ankles, stretches the thighs and works the core muscles. It is also a good pose for improving balance in other poses such as Deep full squats, Pistol pose or Tiptoe pose.



10 Health Benefits of *Avocado*

1. May reduce risk factors for heart disease
2. Contributes to 8% of daily fiber
3. Aids in stabilizing blood sugar
4. Source of naturally good fats
5. Great source of potassium
6. Maintains a healthy heart
7. Boosts immune system
8. Makes your skin glow
9. Anti-Inflammatory
10. Anti-aging



Colder weather is approaching, so please wear extra layers/bring blankets for the Relaxation part of the classes. Some of the venues can feel a bit chilly at times & cold muscles cramp more !

"Alzheimer's Comes out of Everywhere"

During my recent week off I attended a fascinating webinar about Dementia and Alzheimer's which was presented by Fitness Professional Jonathon Ross and I just wanted to share just a few of the 18 major health and lifestyle factors that are related to Alzheimer's risk.

1. Genetics may load the Dementia gun, but it is ultimately our lifestyle choices which fire it. Our 'Brain health' is in our hands and not just in our genes.
2. Sleep Our brain basically cleans itself up from bad chemicals as we sleep...aim for around 7 or 8 hours sleep per night.
3. Gut Microbiome Dementia risk is increased by bad bacteria in our gut. Basically, good foods feed the good bacteria, bad food feeds the bad bacteria...there is a battle going on in your gut between the bacteria ...so feed the ones you want to win ! [I'm not going to bore you with what is good and bad food ...you all know this already 😊]
4. Strength training. Releases the hormone 'Irisin' which reduces the neuro-inflammation visible in Alzheimer's sufferers. Yet another reason why we should all lift weights.
5. Physical activity with a 'Cognitive challenge' E.g. such as assigning numbers 1,2,3,4 to our limbs and then moving in specific order. I will be including this in my Monday morning classes soon.
6. Get Active. Meeting the physical activity guidelines of 150 or more minutes a week of moderate-to- vigorous physical activity

Have a great Month...See you in Class ...Adele xx