

## Yoga with Adele Autumn Newsletter 2024

### Pose of the month : Planks

One of my favourite exercises due to its numerous benefits which include:



Builds core strength, increases bone density, reduces/prevents high blood pressure, improves muscular strength and endurance.

### Autumn Class Timetable

**Mon 10am** , Barwell, 50 + Functional Fitness. [ you will need a Yoga Mat , a pair of Hand weights and a Towel for this class.]

**Mon 6.30pm** Barwell, Yoga

**Tues 10am** Sharnford, Yoga

**Wed 5.50pm** Step Aerobics 30 min Blast .

**Wed 6.30pm** Barwell, Yoga / Yoga Weights alternating weeks

**Thurs 11.30am** Market Bosworth, Yoga

**Fri 10am** Sharnford, Yoga

Please Note : All classes are booked via Gymcatch :

<https://gymcatch.com/app/provider/2004>

### Holiday Dates

**No classes week of Mon Oct 14<sup>th</sup>**

**- Fri 18<sup>th</sup>**



## How Isometric exercises can help with High Blood pressure

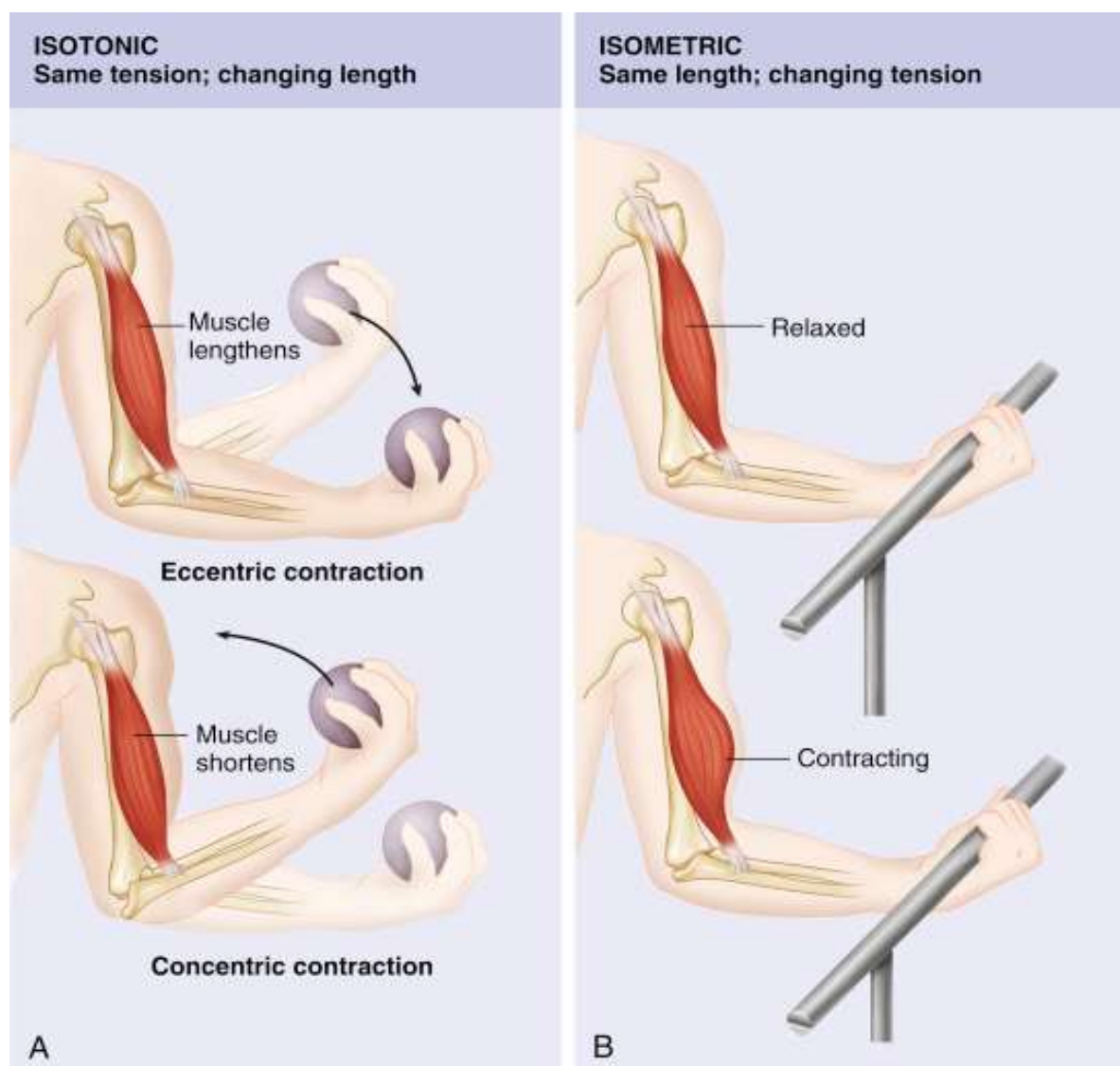
When we contract our Muscles isometrically [without movement] it does 2 things to our arteries:

1. Slows blood flow temporarily, so when the muscle relaxes we get a surge of blood flooding through which helps 'flush' the arteries of blockages.
2. Massages the walls of the arteries keeping them supple so blood flows through easier.

### Some examples of Isometric exercises include :

Planks, Wall Squats, Gripping work, Locust , Long Boat Warrior poses , Bridge .

Holding weights or 'clenching ' muscles for 10 -15 seconds will also increase this affect .



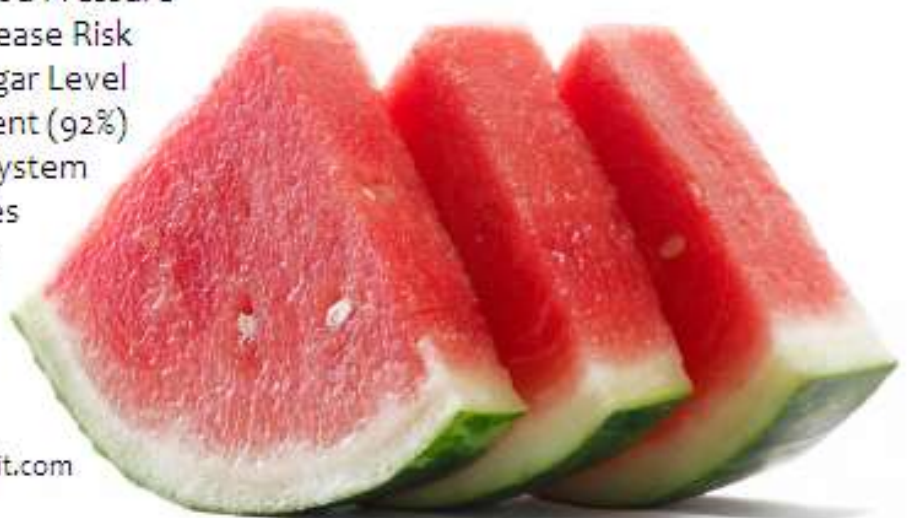
## 10 Health Benefits of...

# Watermelon

1. Highest Alkalising Fruit!
2. Reduces High Blood Pressure
3. Reduce Heart Disease Risk
4. Reduce Blood Sugar Level
5. HIGH Water Content (92%)
6. Boosts Immune System
7. Strengthens Bones
8. Produces Energy
9. Cleans Kidneys
10. Fights Cancer



EatHealthyLiveFit.com



### Charity Fundraiser

**A Massive Thank you to everyone who took part/ donated ...we raised a grand total of £560 for The George Ward Centre**



### Yoga Photo Competition winners

Well done to Linda & Nic 😊

See you in Class 😊 Adele xx

Website: [www.yogawithadele.co.uk](http://www.yogawithadele.co.uk)

Facebook : [www.facebook.com/yogawithadele1](https://www.facebook.com/yogawithadele1)

Gymcatch Booking page : <https://gymcatch.com/app/provider/2004>

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