

Love Pilates & Zumba Newsletter November 2011



LOVE PILATES

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WHAT'S IN THIS NEWSLETTER?

The purpose of this newsletter is to keep you, your friends and family updated with the latest news in the fitness industry and what's happening at Zumba and Pilates.

In this newsletter there are some really good articles on Plantar Fasciitis, Osteoporosis (lots more details are on the website) and a new book on children's foods and how food can affect their performance and vitality.

It has certainly been a very busy 2011 with lots of new people joining Pilates and Zumba.

The Zumba classes have been well attended with quite a few of you doing more than one class a week, losing lots of weight and inches at the same time. New dance tracks have been added just recently and I will be trying to add a new one every week. I have been conscious about not adding too many new tracks too quickly so that you get to know some tracks really well. It is nice to have ones that everyone can do, however I get bored of the tracks like you do as well.

Pilates is still going from strength to strength and have just added using dynabands into the class. Have had lots of great feedback. Buy your own band for £5.

Zumba Promotion December Only

Introduce a new member and they will get a £1 deducted from each class and you will get 10% deducted from your next Zumba course.

Zumba Taster sessions are still available if you have a friend that wants to try it out. From now taster sessions are £5.

Footwear for Zumba

Footwear for Zumba is really important as it affects your ability to turn easily on the spot. Remember running/trainers only allow you to move forward/back and side to side. When you dance you need footwear that will easily rotate/pivot. Some of you have spoken to me about my footwear, listened, taken my advice and purchased **Bloch Aerobic Dance** shoes. The feedback from the people that have changed their shoes is "great", "made such a difference". The

shoes are light to wear and allow you to pivot on the spot, so that you are not using your knees and hips to take the rotation/twist/impact.

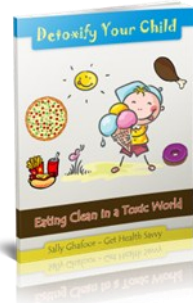
Visit www.dancedirect.com. Prices range from £25 upwards and there are lots of



colours and styles – choose the ones that give you support of the arch and cushioning in the heel. For sizing purposes, my shoes

are a 6 and my normal size is 5.5. Ask for a pair for Christmas!!

DETOXIFY YOUR CHILD – EATING CLEAN IN A TOXIC WORLD BY SALLY GHAFOR (OCT 2011)



Children's weight and behavior is affected by the foods and drinks that they consume, so are you worried about what your child is eating? Do you want quick easy ways to make delicious food they will enjoy? This book

contains gluten and dairy free treats and meals for your little ones so you feel guilt free at what they are eating. This is an e-book and costs £17. Download it at www.lulu.com.

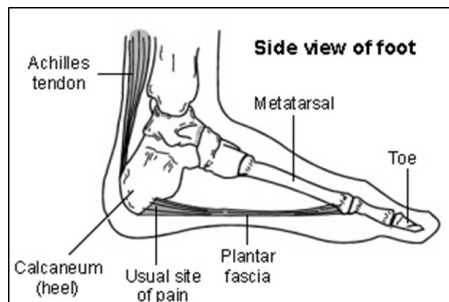
This book has been endorsed by the leading fat loss and fitness expert **Paul Mort** "If you are a parent who cares about your children's health at all then this book is a MUST. As a father of a 9 month

old who is growing by the day, I would **ONLY put my name alongside a product I REALLY believe in. This cookbook is full of delicious, healthy recipes that will leave you safe in the knowledge that you are taking care of your children's health and vitality. Go get it now!**

SPORTS INJURIES – PLANTAR FASCIITIS

I had never heard of Plantar Fasciitis until I suffered from it back in 2004. After teaching my Step class one evening, when I got home I was in absolute agony, couldn't walk—it took from Feb to Aug to get rid of it.

Since then many people have spoken to me about it and there are lots of ideas on how you can recover from this foot injury. Plantar fasciitis is common and 1 in 10 people, mainly women get it and they seem to be between the ages of 40 to 60 years. However I was 34 when I had the condition.



So what is it?

Plantar fasciitis causes pain under your heel and arch of your foot. Treatment may speed up recovery and includes rest, good footwear, heel pads, painkillers, and exercises. A steroid injection or other treatments may be used in more severe cases.

Plantar fasciitis means inflammation of your plantar fascia. Your plantar fascia is a strong band of tissue (like a ligament) that stretches from your heel to your middle foot bones. It supports the arch of your foot and also acts as a shock-absorber in your foot. Pain is the main symptom. This can be anywhere on the underside of your heel. However, commonly, one spot is found as the main source of pain. This is often about 4 cms forward from your heel, and may be tender to touch. The pain is often worst when you take your first steps on getting up in the morning, or after long

ROBERT ARKENSTALL PRIMARY SCHOOL

Christmas Fayre

Friday 2nd December

3.30pm – 5pm

Adults 50p Children free

FUN FOR ALL THE FAMILY

Santa's Grotto • Face Painting • Raffle • Cake Stall
Children's Lucky Dip • Refreshments • Tombola
Roll the Dice • Crafts and many more exciting stalls



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periods of rest where no weight is placed on your foot (this was my most painful time and it felt that I was trying to stretch an elastic band). Gentle exercise may ease things a little as the day goes by, but a long walk or being on your feet for a long time often makes the pain worse. Resting your foot usually eases the pain.

What causes plantar fasciitis?

Repeated small injuries to the fascia (with or without inflammation) are thought to be the cause of plantar fasciitis. The injury is usually near to where the plantar fascia attaches to your heel bone. You are more likely to injure your plantar fascia in certain situations. For example: on your feet a lot of the time, starting exercising on a different surface, wearing shoes with poor cushioning or arch support, overweight, sudden overuse or stretching of your sole or even a tight Achilles tendon.

Often there is no apparent cause for plantar fasciitis, particularly in older people. A common wrong belief is that the pain is due to a bony growth or 'spur' coming from the heel bone (calcaneum). Many people have a bony spur of the heel bone but not everyone with this gets plantar fasciitis.

Sudden stretching of the sole of your foot may make the pain worse. For example, walking up stairs or on tip-toes. You may limp because of pain. Some people have plantar fasciitis in both feet at the same time.

How is plantar fasciitis diagnosed?

Normally diagnosed by your doctor by talking to you and examining your feet.

What is the initial treatment for plantar fasciitis?

Usually, the pain will ease in time. 'Fascia' tissue, like 'ligament' tissue, heals quite slowly. It may take several months or more to go.

Check out my website for treatment and exercises for plantar fasciitis. You may find that a combination of treatments may help.

PREVENTION OF OSTEOPOROSIS

This topic has been in the news headlines over the past few weeks when Camilla mentioned that her mother had Osteoporosis and it could be genetic. Both Pilates and Zumba are great ways in reducing the risk as they are both weight-bearing and pilates has resistance exercises. Your genes determine your potential height and the strength of your skeleton. However, lifestyle factors such as diet and exercise can influence how healthy your bones are. Following a healthy lifestyle throughout your life is the best way to delay the onset of osteoporosis and slow the rate at which your bones become fragile.

UP AND COMING EVENTS WHICH NEED YOUR SUPPORT!

Tuesday 29th November 2011

Littleport Village Hall christmas shopping evening on Tuesday 29th November 2011, 6.30-9.30pm. Free entry, tea/coffee, and cake, jewellery, soaps, cards, books, bags, scarf's and many more stalls. All money raised goes to improving the village hall.

Friday 2nd December 2011

Robert Arkenstall Primary School Christmas Fayre, 3.30-5pm

Sunday 4th December 2011

Wicken Christmas Market, Wicken Village Hall, 12-5.30pm

How can we all help prevent the risk of getting Osteoporosis?

Regular exercise is essential. Adults should do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity (i.e. cycling or fast walking) every week.

Weight-bearing exercises are exercises where your feet and legs support your weight.

Resistance exercises are exercises that use muscle strength, where the action of the tendons pulling on the bones boosts bone strength.

Healthy eating. Eating a healthy, balanced diet is recommended for everyone. It can help prevent many conditions, including heart disease, diabetes and many forms of cancer, as well as osteoporosis. Remember **Vitamin D** is also important for bones and teeth as it helps your body to absorb calcium. However, most vitamin D is made in the skin in response to sunlight. A short exposure to sunlight, without sunscreen (10 minutes twice a day) throughout the summer should provide you with enough vitamin D for the whole year.

Other lifestyle factors that can help prevent osteoporosis include: **quitting smoking:** cigarette smoking is associated with an increased risk of osteoporosis and **limiting your alcohol intake:** the recommended daily limit is **three to four** units of alcohol for **men** and **two to three** units for **women**.

Check website for more information and exercises.

WEBSITE

Check the website regularly for class timetables, exercises routines, cancellations (in the winter especially for snow) and it will also give you ideas about keeping fit. If you would like any other information added, then email liz.dolman@lovepilates.co.uk.

Thanks for your support in 2011 please post your comments about the newsletter on the website as I would like to know if you find it useful. Happy Christmas and look forward to seeing you in 2012.

Cambridge Bridal Studio

Our aim at **Cambridge Bridal Studio** is simply to make your wedding day the most enchanting day of your life. An unrivalled selection of breath-taking wedding gowns will greet you when you visit us at **Cambridge Bridal Studio**.

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