

IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6BB
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Who's Who?

Osteopathy

Zara Ford
Alex Prince
Kathryn Harper
Steve Harper
Esther Barton
Gemma Sperring

Chinese

Medicine/Acupuncture

Dr Zhang Tong

Holistic Massage

Michelle Jenkins

Sports Massage

Tom Riddell

Physiotherapy

Linda Isaacs
Tanya Hewitt

Hypnotherapy

Gary Condon

Homeopathy

Wendy Heath

Pilates

Justine Blaber
Gemma Hitchins
Rebecca Rock

Suspension Training

Jo Gallagher

Meditation/Mindfulness

Fiona Boag

Sports Medicine Dr

Jonathan Williams

Clinic Manager – Pattie White

Reception - Sheelagh, Sue,
Carole, Alison &
Jane

Timetable for classes held at Walnut Grove

Monday –

09:30 Pilates with Justine
10:30 Pilates with Justine
12:30 Pilates with Rebecca
17:45 Pilates with Rebecca
18:45 Pilates with Rebecca

Tuesday –

09:00 Studio Pilates with Justine
10:00 Pilates with Justine
11:30 Suspension Training class with Jo
12:30 1-2-1 Suspension Training with Jo
13:30 1-2-1 Suspension Training with Jo
14:30 1-2-1 Suspension Training with Jo
19:00 Physio Led Rehab Pilates with
Linda

Wednesday –

09:15 Pilates with Rebecca
10:15 Pilates with Rebecca
16:45 Suspension Training with Jo
17:45 Suspension Training with Jo
18:45 Physio Led Rehab Pilates with
Tanya

Thursday –

13:15 Seated Physio Led Rehab
Pilates with Tanya
15:30 1-2-1 Pilates with Gemma
16:30 Pilates with Gemma
17:45 Pilates with Gemma
18:45 Pilates with Gemma

Friday –

11:30 1-2-1 Suspension Training with Jo
12:30 1-2-1 Suspension Training with Jo

Saturday –

10:15 Mediation and Mindfulness
Themed class with Fiona
11:30 Introduction to Mediation
(1st of each month)

Maximum of 9 people for Pilates
classes, 4 people for Studio Pilates, 10
people for the seated Rehab Pilates and
7 people for Suspension Training.

For more information and to book your place
please contact Reception
on 01275 818303

Zara does it again

Some of you know, Zara is a world renowned Windsurfer and has been an international team rider for Simmer Sails for 9 years achieving major success with them including 2 world speed championship titles, 6 European speed titles, 2 world speed records and 3 times British slalom champion. Until recently she has been using RRD windsurf boards for competition but now Simmer Style have developed their own completely new range of Speed and Slalom Boards for her to use, which will suit Zara down to the ground, especially with Zara returning to the Canal in Luderitz again this November, to try and regain her world speed record.

The new Simmer slalom boards and Speed boards were put to immediate use by Zara at Weymouth Speed week. With Zara riding the new Speed Demon 43 braking the long standing harbour record 500m for the event at 32.82 knots. This combined with Zara currently achieving the women's highest speed of 2017 on the worlds GPS rankings of 40.66 knots, gives her huge confidence going to the Luderitz world record attempt. We wish her good luck and strong winds.

Have a Healthy Winter

It may be cold outside but winter needn't be the unhealthiest time of year for you and your family.

Here are five ways to make sure that even when your body is telling you to hibernate you can keep healthy and fit, no matter what the weather's like:

1. Eliminate your sleep debt

"On average we sleep six-and-a-half hours a night, much less than the seven to nine hours recommended," But in winter, we naturally sleep more, due to the longer nights. "It's perfectly natural to adopt hibernating habits when the weather turns cold.

2. Drink more milk

You are 80% more likely to get a cold in winter so making sure your immune system is in tip-top condition is important. Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of protein and vitamins A and B12. They're also an important source of calcium, which helps keep our bones strong.

Try to go for semi-skimmed or skimmed milk, rather than full fat, and low-fat yoghurts.

3. Eat more fruit and veg

When it's cold and dark outside it can be tempting to fill up on unhealthy comfort food, but it's important to ensure that you still keep your diet healthy and include five portions of fruit and veg a day. If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead or sweet dried fruits such as dates or raisins. Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and veg that you may not normally eat.

4. Try new activities for the whole family

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity.

I.e. a bracing winter walk. Regular exercise helps to control your weight, boost your immune system and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

5. Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps you to boost your intake of starchy foods and fibre, which give you energy and help you to feel fuller for longer, stopping the temptation to snack mid-morning. Make your porridge with semi-skimmed or skimmed milk or water, and don't add sugar or salt. Add a few dried apricots, some raisins, a sliced banana or other fruit for extra flavour and to help you hit the five-a-day target.



Well I've had a few busy weeks recently. First I was taken on a French adventure and I saw some lovely sights.

I was then invited to watch the Elbaman Triathan in Italy at the end of September. Congratulations to Maria on her fine performance.

Don't forget to follow us on our Facebook page, where some interesting articles are added regularly and follow my adventures.

www.facebook.com/walnutgroveclinic



My French adventure around the Chateau Grillemont



Sherlock Holmes and Dr Watson go on a camping trip. After a good dinner, bottle of wine, they retire for the night, and go to sleep. Some hours later, Holmes wakes up and nudges his faithful friend. "Watson, look up at the sky and tell me what you see." "I see millions and millions of stars, Holmes" replies Watson. "And what do you deduce from that?" Watson ponders for a minute. "Well, astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Meteorologically, I suspect that we will have a beautiful day tomorrow. Theologically, I can see that God is all powerful, and that we are a small and insignificant part of the universe." But what does it tell you, Holmes?" Holmes is silent for a moment. "Watson, you idiot!" he says. "Someone has stolen our tent!"



Contact Details

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