

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

Functional Fitness @ Walnut Grove Studio

We are pleased to be involved with Jo Gallagher with our new Studio –

Functional Fitness @ Walnut Grove Studio,
Unit 10 Kestrel Court,
Portishead.
BS20 7AN

The Gym studio has been set up using the latest equipment and training techniques. There are 1-2-1 Personal Training sessions available, 25 minute workouts, Boot Camp and Suspension Training sessions. Sessions can be booked on line (once you are registered). Jo offers a monthly membership or there is PAYG available.

Jo will still be available at Walnut Grove Clinic for her Suspension class on Tuesday at 11:30 followed by 3x1 hour 1-2-1 sessions and also for 1-2-1 session on Friday morning at 11:30 and 12:30.

For further information check out her Website: www.Functionalfitnessstudio.co.uk
Facebook: @FUNCTIONALFITNESSWGS

Alternatively contact Jo directly on
07973931044

Although born in Liverpool, Jo feels like a Portishead person having lived here for over twenty years. Jo has run competitively for many years and originally came to Walnut Grove as a patient. She discovered how Suspension Training improved her own fitness and decided to train as an instructor so that she could help others.

Jo has a particular interest in using her knowledge to rehabilitate people, helping those overcome injuries and mobility problems.



Skip the Pie 
and the Latte 
and take up Pilates 
to combat back pain

A healthy lifestyle will make your heart healthier

Here are 10 things you can do to look after your heart.

Give up smoking

If you're a smoker, quit. It's the single best thing you can do for your heart health.

Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.

Get active

Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster. Do 150 minutes of moderate-intensity aerobic activity every week. One way to achieve this target is by doing 30 minutes of activity on five days a week. Fit it in where you can, such as by cycling to work.

Manage your weight

Being overweight can increase your risk of heart disease. Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity.

Eat more fibre

Eat plenty of fibre to help lower your risk of heart disease – aim for at least 30g a day. Eat fibre from a variety of sources, such as wholemeal bread, bran, oats and wholegrain cereals, potatoes with their skins on, and plenty of fruit and veg.

The truth about Fats

We need fats in our diet contrary to a lot of information you read. The really bad fats are the trans fats found in margarine type products, so avoid those. Otherwise be sensible – all things in moderation and eat sensibly a range of meat, dairy and other fats such as nuts, olive oil and avocado.

Get your 5 A DAY

Eat at least five portions of a variety of fruit and vegetables a day. They're a good source of fibre, vitamins and minerals. There are lots of tasty ways to get your 5 A DAY, like adding chopped fruit to cereal or including vegetables in your pasta sauces and curries.

Cut down on salt

To maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking. Once you get used to the taste of food without added salt, you can cut it out completely. Watch out for high salt levels in ready-made foods. Most of the salt we eat is already in the foods we buy.

Check the food labels – a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g. Adults should eat less than 6g of salt a day in total – that's about one teaspoon.

Eat fish

Eat fish at least twice a week, including a portion of oily fish. Fish such as mackerel, sardines, fresh tuna and salmon are a source of omega-3 fats, which can help protect against heart disease.

Pregnant or breastfeeding women shouldn't have more than two portions of oily fish a week.

Drink less alcohol

Don't forget alcohol contains calories. Regularly drinking more than the NHS recommends can have a noticeable impact on your waistline. Try to keep to the recommended daily alcohol limits to reduce the risk of serious problems with your health, including risks to your heart health.

Read the food label

When shopping, it's a good idea to look at the label on food and drink packaging to see how many calories and how much fat, salt and sugar the product contains. Understanding what is in food and how it fits in with the rest of your diet will help you make healthier choices.

Healthy Heart



Healthy You

Love is like a Cabbage
My love is like a cabbage
Divided into two,
The leaves I give to others,
The heart I give to you.
Author Unknown



Improve your memory by doing unforgettable things.

Everything always ends well. If not – it's probably not the end.

ALL YOU
NEED IS
LOVE

Veggie Valentine
You may not "carrot" all for me
The way I care for you.
You may "turnip" your nose
When I plead with you
But if your "heart" should "beet" with mine
Forever "lettuce" hope
There is no reason in the world
Why we two "Cantaloupe."
Author Unknown

Contact Details

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