

# IN A NUTSHELL



**WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6BB**  
**Tel: (01275 818303) Website: [www.walnutgroveclinic.com](http://www.walnutgroveclinic.com)**

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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 Meditation and Mindfulness  
Themed class with Fiona  
11:30 Introduction to Meditation  
(1<sup>st</sup> 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](http://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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