

IN A NUTSHELL



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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

New Year Resolution 2018

Are you making a resolution for 2018?

Warning: More than half of all resolutions fail, but this year, they don't have to be yours.

Identify the right resolution to improve your life, create a plan on how to reach it, and become part of the small group of people that successfully achieve their goal.

Pick the Right Resolution.

You'll give yourself your best shot at success if you set a goal that's doable — and meaningful too.

If it's improving your fitness, starting a new exercise regime, giving up smoking, losing weight or just improving your wellbeing, to name but a few.



Check out our new website:-

Walnutgroveclinic.com.

where you will find lots of information with regards to the team. Information about all the practitioners. Class details for the current month. Copies of our Newsletters and products we have available to purchase.

If there is any further information that you require, please call us on 01275 818303 where one of our staff will be happy to help, if not they can get one of the practitioners to call you.

Let us help you get the right results with your New Year resolution.

Keep Safe!

Unfortunately your home is the place where accidents are most likely to occur just ask Zara?

Zara regained her world record back from Karin Jaggi who beat her in 2015 following her record attempt with other world-class windsurfers in Lüderitz, Namibia in November.

This finished off a fantastic year, retaining her World Champion Speed title in Fuerteventura in June, winning the British Speed Championship in Weymouth, breaking the women's harbour record at the same time and



winning the British Slalom series.

Zara was back in the country for just over a week when a freak accident happened at home and the top of her finger was shut in a doorway.

Zara has had the top of her finger sewn back on, we will have to wait and see if she will need to have it removed if it does not come fully back to life. This has put her out of action for several weeks.

Accidents can happen to anyone, at anytime, anywhere.

Achieve Your New Year's Fitness Goals

It's that time of year again...time to focus on your New Year's resolutions. Many people begin an exercise programme, but abandon it before Easter. However, you can increase your chances for long-term success if you follow these five simple tips to achieve your fitness goals.

Determine Your Readiness

Make sure you're both physically and mentally ready to start an exercise programme. Tell your doctor you want to begin a fitness regimen and you want to make sure you're healthy enough to start. Once you have been physically cleared to proceed, consider your mental readiness. How likely are you to stick with an exercise programme once you begin? While there are many factors to consider, three are most significant.

You are more likely to succeed if you:

Have confidence in your exercise ability.
Receive encouragement and support from those closest to you.
Participate in an enjoyable form of exercise.

Create a Plan

Before you start your exercise programme, answer three questions. Firstly, when will you exercise? Identify three days and times that are convenient for you and stick with those days so you are working out at the same time each week. Secondly, what type of exercise will you do? The best type of exercise is one you enjoy. Don't worry about what everyone else is doing; pick an exercise that works for you. Thirdly, how much time will you spend exercising? Start with as little as 10 minutes per session and slowly build up to at least 30 minutes per workout.

Bring a Friend

You may know someone who resolved to start exercising in the New Year. Begin your fitness journey together. It will increase your chances for success and you'll have more fun. For this to work, you have to find an exercise that both of you enjoy. This might be a challenge, but it's worth it since an exercise partner provides you with a support system, a positive social experience and inspiration. There will be times when you don't feel like working out and a partner can be just the motivation you need to get going.

Take It Easy

Think of your resolution as a lifelong commitment to a healthier lifestyle. You are much more likely to be successful if you take it easy at the beginning. For instance, you may see people exercising at a very high intensity, but you should start with low-to-moderate intensity workouts. You may know people who train six days a week, but it's fine to start with three. You may see people engage in a diverse array of physical activities, but a 15-minute walk three days a week is a great place to begin.

Be Realistic

One of the biggest problems with New Year's resolutions is they can be extremely impractical. Setting goals is a great idea, but make sure they are realistic and feasible. For example, a goal to lose 12 lbs by Easter is both reasonable and achievable. So is a goal to complete a 5K run in a few months' time. Think of it as if you were building a house. Start slow (i.e., low intensity and duration), develop a solid foundation of fitness and then build upon that foundation as your fitness improves.



Thanks to Zara and Pete who took me on their adventure to Namibia in November where she returned triumphantly with her

world record and she has been pleased with the press coverage that her sport has received since her return.

Don't forget to follow all my adventures on our facebook page:-

walnutgroveclinic.com/facebook

Looking forward to see what adventures 2018 will have in store for me.

Ten Indications of a New Year Hangover



You get it into your head that chirping birds are the Devil's pets.
Trying to gain control of the situation, you continue to tell your room to "Stay still."
Looking at yourself in the mirror induces the same reaction as drinking a glass of fresh paint.
The bathroom reminds you of the fairground cry, "Step right up and give it whirl!"
You'd rather chew tacks than be exposed to sunlight.
You set aside an entire afternoon to spend some quality time with your toilet.
You replace the traditional praying on your knees with the more feasible praying in a fetal position.
Your catch phrase is, "Never again."
You could purchase a new fridge on the proceeds from recycling the bottles around your bed.
Your new response to "Good morning," is "Be quiet!"

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