

## Our August Newsletter



We may not have the summer weather, but the light night's means that when you get home from work you can get those legs moving with the couch to 5km. It doesn't have to be a run an evening stroll will help loosen up those tense muscles that have been probably sat at a desk all day.

*If you feel up to having a go at running this is the NHS nine week programme*

**Week one** - Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.

**Week two** - Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.

**Week three** - Begin with a brisk five-minute walk, then two repetitions of 90 seconds of running, 90 seconds of walking, three minutes of running and three minutes of walking.

**Week four** - Begin with a brisk five-minute walk, then three minutes of running, 90 seconds of walking, five minutes of running, two- and-a-half minutes of walking, three minutes of running, 90 seconds of walking and five minutes of running.

**Week five** - *There are three different workouts for this week, which are:*

**Workout one:** a brisk five-minute walk, then five minutes of running, three minutes of walking, five minutes of running, three minutes of walking and five minutes of running.

**Workout two:** a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running.

**Workout three:** a brisk five-minute walk, then 20 minutes of running, with no walking.



**Week six** - *There are three different workouts for this week, which are:*

**Workout one:** a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running.

**Workout two:** a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.

**Workout three:** a brisk five-minute walk, then 25 minutes of running with no walking.

**Week seven** - *Begin with a brisk five-minute walk, then 25 minutes running.*

**Week eight** - *Begin with a brisk five-minute walk, then 28 minutes of running.*

**Week nine** - *Begin with a brisk five-minute walk, then 30 minutes of running.*

# Get Better Results Faster

## Workshop

Monday lunchtimes at 1:15pm and Wednesday evenings at 7:15pm



Whether you are a new guest or a long term member of our community there is something for everyone at our 'GET BETTER RESULTS FASTER' workshop.

Are you baffled by the overwhelming amount of different information on health and lifestyle?

Would you like to know exactly what you need to do to reach optimal health and function?

Then our workshop is for you!

We will cover that true health is based on function, rather than just the way we feel.

How to

## Eat Well, Move Well and Think Well

In a way that is congruent with the human body.



To ensure you not only get the best results whilst you are in the clinic but also to make sure you live a healthy and happy life.

**[See our Front Desk team to book your place on our next workshop before places run out.](#)**

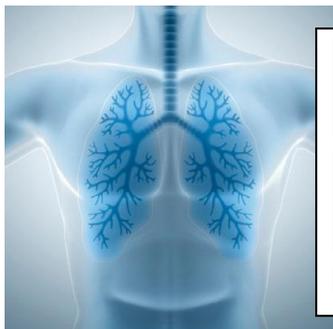
# Oldham Chiropractic's Team Member of the month for June was Jo



Our Chiropractic Assistants are the people who keep the Chiropractors on their toes. The clinic relies on them to keep everything running smoothly.

Their dedication to our guest's welfare is outstanding

## Did you know there are 5 super foods that are FREE ?



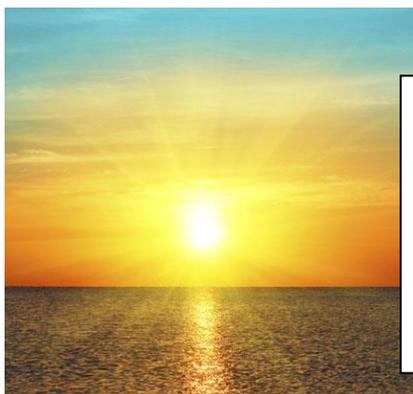
**Oxygen** - Vitamin O is arguably the most necessary and kick-ass super food in the solar system. No oxygen, no life. Now that's a valuable nutrient. In fact, food + oxygen = calorie burning, so not only does oxygen figure into just about every chemical reaction in the human organism, it's the key nutrient – really – that helps keep you trim and melts away gobs of fat.

This super food is here to stay. And honestly, most of us can use more. Key sources that are free include deep breathing, the relaxation response (stimulates deep breathing), exercise (increase oxygen uptake and utilization), nature (we generally find higher oxygen content in non-urban environments), buildings with windows that open, yoga, and prolonged sex, to name just a few.

Oxygen is a super food you cannot argue with. Go ahead, try.

**Water** - has made a great comeback as of late, but it's still vastly underrated. In terms of drinking water, we have yet to scratch the surface of water's true healing potential. But there's more to water than consuming it. Water has profound healing properties when we immerse ourselves in it. I'm talking about a pristine river or lake, an unpolluted ocean, a waterfall, or a hot spring.

Water is also a powerful healer when we alternate between immersing ourselves in hot, then very cold water for a number of times. It's an ancient strategy that is poised for a comeback. Some super foods you eat, and some you can dive into.



### When did the sun become our enemy?

The sun is the original super food. Human beings are essentially biological transformation machines of the sun's energy. The whole of our physiology is designed to track the sun's movement and adjust to its' timetable. We call this feature of the body "circadian rhythms."

You've heard about all the compelling, well-documented research on the profound therapeutic and protective effects of Vitamin D. The long list of metabolic and mental diseases that it offsets include cancer, heart disease, arthritis, depression, bone health, immunity, diabetes, Alzheimer's and many more. Well, forget about the word "Vitamin D" and simply substitute the real super food – the sun.

**Touch** - Are you getting enough of this super food?

Have there ever been times when you did get regular, extra helpings of touch? How did it feel? Was it as good for you as it was for me? The healing properties of touch are well documented when it comes to various forms of massage, soft tissue work, spinal manipulation (Chiropractic care) and so much more.

Science has concluded that a lack of touch will measurably limit the nervous system development of infants. Touch literally is food.

This means it moves you towards optimum nutritional status and ideal weight. Tell me a supplement or food that does all that, **and** feels really good. And when was the last time you offered this super food to another in that spirit?



### "**Spirituality** is the new Super Food."

Spirituality is the antidote to our sometimes- religious obsession with food and weight. We can be so enamoured with nutrition, longevity, and optimum eating that we forget to enjoy life, celebrate what we have, and love what is. We can get so caught up in cleansing, going 100% raw, perfectly vegan, or have fat free abs, that we lose sight of who we really are and what we're doing on planet earth in the first place.

We need a bigger picture. What good is a healthy body if we suck at relationships, if we don't contribute to humanity, if we avoid maturing emotionally, and if we forget to continuously update our spiritual software? Spirituality is the new Superfood.