



DECIDE TO SUCCEED IN 2016!

Kay McLorn from Blackstone Physiotherapy discusses how to set realistic goals for the new year.

It is always at the start of the new year after an over indulgence of food through the festive season that we promise ourselves a new regime - LOSE WEIGHT, GET FIT, BE HAPPY!

Excellent! We can be proud of ourselves at least for the desire and intent on doing this - however the reality is that it will not last past a few weeks for the majority of us. We need to set realistic goals about what is achievable for us and how that will fit into our already busy schedules!

5 POINTS FOR A HAPPY NEW YOU!

1. Eat less, move more!

This is what we will all want to do in the New Year. Marvelous!

We all know what to do - so just do it! Listen to your body. Eat when you feel hungry and stop when you feel full. Eat slowly to give your stomach time to send messages to your brain to tell it when you feel full - you will be surprised how little you need. You can do this if you really want.

2.Exercise for a new posture - look younger!

'In 10 sessions, you will feel the difference, in 20 sessions you will see the difference and in 30 sessions you will have a whole new body' - Joseph Pilates

Pilates focuses on spinal alignment, flexibility, core stability, improving core strength and balance. Teaching people to improve their posture seems to be one of the most effective ways of preventing and easing back pain. As a Chartered Physiotherapist and Pilates Instructor, I



often see people with pain who have just overdone the exercise. Too much effort for a body not used to the exertion that we are about to inflict on it. When looking to do exercise I believe if you want to maintain it on a regular basis it must be achievable.

Find an exercise class

If you can find the right exercise class then this is great, as exercising with other people is good fun. Classes should be small enough so that you get the correct instruction from the instructor and you will find the time will fly. This is very social and encourages us to keep that exercise regime going!

3.Go for a walk and get some sun!

The easiest exercise which is completely free is WALKING and better still you can do this from home. Start with just a few minutes and build this up slowly. Allow your self just 10 minutes and believe it or not sometimes in our busy schedules 10 minutes can be a long time.Wrap up and head out, make time for yourself and walk for five minutes - then turn around and come back. Total 10 mins, and hopefully if the sun is shining you will also benefit from getting that all important Vitamin D

which is so important for making us feel good through the dark days of winter.

4.Have a laugh!

'Laugh often, live long'

Get together with a few friends and have a laugh. Watch a funny movie or just get together with a few friends who make you laugh. Research shows that laughter reduces the level of stress hormones like cortisol, epinephrine (adrenaline) and dopamine. It also increases the level of health-enhancing hormones like endorphins, and neurotransmitters. All this means a stronger immune system, as well as fewer physical effects of stress, which helps us to feel good!

5.Learn to relax!

'Relaxation is the art of doing nothing and not feeling guilty about it!'

This is very difficult with the busy lives we lead today. Sometimes it is good to just sit or lie down, listen to one of our favourite tunes for just five minutes. When we are tired it always takes so much longer to do a task, so sometimes it is better to wait until we feel less tired and then we get it done more efficiently. Enjoy a little thinking time!

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