

Hi Everyone

We hope this email finds you well.

If you haven't already been to the FanZone at Glasgow Green, it is well worth a visit. So much more than just football:

There's a variety of events on as part of our cultural festival. Take in some live music, have a laugh with our drag and comedy nights, or enjoy a classic film on the big screen. Find out more: <https://bit.ly/3wQ4hdx>

Also situated in Glasgow Green is 'Free Wheel North' "A cycling development charity working towards creating a fairer, healthier society by enabling people of all ages and abilities to cycle as part of their everyday lives". A great experience for the whole family; with access to go-karts, balance bikes, wheel chair accessible bikes and everyday bikes, there really is something for everyone. The staff and volunteers are also very friendly and welcoming. For more information and booking details please visit: <https://www.freewheelnorth.org.uk/>

Please see this week's updates!

The Most Effective Weight Loss Method I See Almost No One Using

The fitness industry, especially the fat loss industry, is a cesspool of pseudoscience and misinformation. While the only way to lose weight, [which is a caloric deficit](#) is kept in obscurity — Useless and [dangerous](#) fat loss pills, gimmicky workout plans, and fancy diets are shoved down our throats.

Even coming to the caloric deficit, things like hours of exercise and restrictive diets are advocated. These help for sure — but there's one highly effective method that is barely talked about. I stumbled across this method when I noticed something — every time I came home for vacations, I'd gain weight and within just a few weeks of getting back to college, I'd lose it all.

- Your [Non-Exercise Activity Thermogenesis \(NEAT\) \(From 15 to 50% of your TDEEs\)](#) — a fancy term for your daily physical activity apart from exercise.

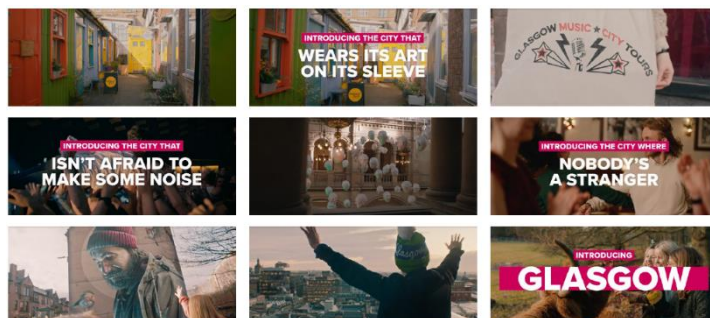
To read the full article please [click here](#)

Glasgow Life wins top tourism marketing award

Glasgow Life's Destination Marketing team and creative agency partners Frame saw off competition from across the country last night (Thursday) to scoop a coveted tourism award. The team won gold in the Tourism, Leisure, Culture and Sport category at this year's prestigious Marketing Society Star Awards for the city's domestic tourism campaign, 'Introducing Glasgow'.

Designed to grow Glasgow's reputation as a short-break destination and attract more 'staycation' visitors from across the north of England, the campaign brought the city's identity to life by showcasing our unique Glaswegian character and [some of the best things to do in Glasgow](#).

Glasgow was also named a top 5 UK city for food and drink by 'Which?'



There's an age-old rivalry between Glasgow and Edinburgh, with both jockeying to be Scotland's fine-dining capital. Cool and unpretentious, Glasgow has a vibrant but inexpensive food and drink scene. Cobble backstreet Ashton Lane (pictured above) is full of charming restaurants, such as the Ubiquitous Chip serving fine Scottish fare. Or head to Finnieston's Argyle Street for an inventive yet remarkably good-value tasting menu at Six by Nico, followed by a creative cocktail at the Kelvingrove Café.

To read the full article- please [click here](#)

Georgina Starr- Quarantaine

Quarantaine is an ambitious new film by Georgina Starr which will be screened at Tramway as part of Glasgow International 2021!

Its title refers to the French word for 'forty', and also alludes to the period of enforced isolation known in English as 'quarantine' (so-called because of its original forty-day timeframe). Over the course of multiple chapters, it follows the story of two new recruits to a clandestine sisterhood whose pursuit of esoteric knowledge takes place in a secret place of instruction, similarly cut off from the world outside.

This exhibition is free and unticketed but we will be operating at reduced capacity and require all visitors to adhere to our Covid safety measures, including wearing a mask at all times, and 'checking in' on arrival. Please [click here](#) for full details.

LifeLink partnering with Glasgow Guitar Academy

We know that exploring music can be a great way for young people to manage stress and cope with any anxiety they may be facing in their lives. That's why we're delighted to be partnering with Glasgow Guitar Academy to help support the positive mental health benefits of music at their Glasgow Summer Camps. We'll also be running a special positive mental health workshop for both young people and adults during the camp. If you want to learn more about Glasgow Guitar Academy, and their upcoming summer camps, you can check them out over on Facebook at <https://lnkd.in/ee63ri8>.

Why we all need a Cathartic release (5 ways to do it)

Are you feeling emotionally 'pent-up' after the stress of the last year? Here's how to find a sense of release, according to a psychotherapist. (No surprises that number 2 is move your body)

Happiness, sadness, fear, [anger](#) and joy: out of all the things we deal with as humans, our [emotions](#) are some of the most complex.

Indeed, while we're often taught how to 'cope' and 'move on' from hurtful or upsetting situations, not dealing with your emotions when they arise can make them harder to deal with. In fact, when you avoid or 'bottle up' your emotions, you actually make them stronger.

"A lot of energy is expended pushing things down – cathartic release is about having the opportunity to express all of that stuff"

To find out more, we asked Knight (psychotherapist) to talk us through some of the best ways to release and deal with pent-up emotions. Here's what she had to say.

'Write it down' & 'Move your body' were just two of the 5 suggestions. To read the full article, which includes a full explanation and much more- please [click here](#)

Thought for the day!



**Heather, Michelle & Barry
The Good Move Walking Team**

IF YOU NO LONGER WISH TO RECEIVE THIS EMAIL PLEASE REPLY TO THIS MESSAGE AND
WE WILL REMOVE YOU FROM THE DISTRIBUTION LIST

www.goodmoveglasgow.com

www.facebook.com/goodmoveglasgow