

Hi Everyone

We hope this email finds you well. Today is our last spotlight on Strength and Balance. We hope you have found the information useful and consider doing some strength and Balance exercises in the home, or maybe joining one of the excellent Good Move Vitality classes, either online or in a centre (details below and attached). If you would like information to give out to walkers or people you work with please get in touch for leaflets, etc.

Please see this week's updates!

### **Shining the Light on Strength and Balance (Part 4)**

Following the reopening of some Glasgow Club venues, our Vitality classes are back!

Vitality exercise classes have been specifically designed for people with various abilities and health conditions such as COPD, Parkinsons disease, MS, osteoporosis, cardiac conditions and stroke. The classes are also suitable for those who have a fear of falling or find their strength and balance is starting to impact on their daily lives.

Vitality offers four levels of class, each designed to build and maintain strength, improve co-ordination and flexibility.

The sessions are ideal for people who want to be more active, looking to improve their fitness levels and improve their functional ability throughout their daily lives. The Step in and Step Up circuits are great for everyone to maintain their strength and balance – use it or lose it!

For more info call **0141 287 9882** or **07500 881808**. Alternatively send an email to [vitality@glasgowlife.org.uk](mailto:vitality@glasgowlife.org.uk)

**Please see the end of this newsletter for full details and classes available at Good Move Glasgow.**

### **Themed Walk Programme Sep/Oct**

We are now taking bookings for our September/October Themed walks programme – see attached. Please remember that booking is essential!

The themed walks will return to normal running until future notice; they will all start at 11am, the duration of the walk will be approximately 2 hours, and group size will increase to 12.

### **Glasgow Club Level Zero venue improvements**

*Following the move to Level Zero of the Scottish Government's Covid protection framework many new improvements are now in place at Glasgow Club venues across the city.*

Based on customer feedback:

- Changing rooms and showers are also now available for use, as are lockers both in and outside of the changing villages.
- With the guidance on physical distancing reducing to one metre, more equipment is available on the gym floor and more customers are able to enter the gym at any one time.

*These improvements are the next step in Glasgow Club membership services being returned to as close to 'normal' as possible, with further improvements planned for when Scotland moves beyond Level Zero.*

In line with Scottish Government guidance, we are asking Glasgow Club customers to continue wearing a face covering (unless they're exempt) in all indoor areas except when participating in physical activities in our gyms and fitness studios. More information is available [here](#).

### **Walk Leader Online Catch Up Meeting - Tue 17<sup>th</sup> August, 1.30 - 2.30pm**

We would love to invite Walk Leaders to join us for our fourth online video catch up. The format will be very informal, an update on all things walking, a good blether, and a chance see other chat with other leaders! If interested- just grab a cuppa and join us on the 17<sup>th</sup> of August at 1.30pm - 2.30pm

To book in please email [walking@glasgowlife.org.uk](mailto:walking@glasgowlife.org.uk) and we will send you a meeting link.

### **Paths for All update**

#### **Summer Paths Days – free and fun outdoor activities for kids this summer!**

Picnics, den-building, woodland walks, nature spotting, garden camping and creating eco sanctuaries for birds, bugs and wildlife are fun ways to spend time outdoors this summer!

Summer Path Days is all about enjoying and connecting with nature and making new memories as a family. As part of the Scottish Government's [Get Into Summer campaign](#), we've got plenty of ideas to keep the little ones busy with simple, outdoor, nature-based activities that can boost health, happiness and wellbeing. <https://www.pathsforall.org.uk/whats-on/event-details/get-into-summer-summer-path-days>

### **How Diet, Exercise, and Weight Management Can Add a Decade to Your Life**

We'd all like to live a long time in good health.

Now a [recently published study](#) has concluded there are lifestyle factors that can increase your odds of reaching an older age without chronic health issues. More than 110,000 people were assessed over a 20 year period to examine their 'health span' – their increased years of life without chronic disease.

*"We looked at five lifestyle factors: eating a healthy diet, maintaining a healthy body weight, not drinking in excess, not smoking, and being physically active. They're all important. But for smokers, the most important thing for them to do, of course, is to stop smoking. For people who are obese, it's important to lose weight and maintain a healthy body weight,"* Dr Frank Hu, Lead study Author

To read the full article please click here: [https://thriveglobal.com/stories/healthy-habits-can-add-decade-to-your-life-diet-exercise-weight-management/?utm\\_content=buffer1940f&utm\\_medium=Thrive&utm\\_source=LinkedIn&utm\\_campaign=Buffer](https://thriveglobal.com/stories/healthy-habits-can-add-decade-to-your-life-diet-exercise-weight-management/?utm_content=buffer1940f&utm_medium=Thrive&utm_source=LinkedIn&utm_campaign=Buffer)

# Thought for the day!

## Action for happiness calendar

**Altruistic August 2021**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 Set an intention to be kind to others (and yourself) this month	2 Send an uplifting message to someone you can't be with	3 Be kind and supportive to everyone you interact with	4 Ask someone how they feel and really listen to their reply	5 Spend time wishing for other people to be happy and well	6 Smile and be friendly to the people you see today	Give time to help a project or cause you care about
8 Make some tasty food for someone who will appreciate it	9 Thank someone you're grateful to and tell them why	10 Check in with someone who may be lonely or feeling anxious	11 Share an encouraging news story to inspire others	12 Contact a friend to let them know you're thinking of them	13 If someone annoys you, be kind. Imagine how they may be feeling	14 Take an action to be kind to nature and care for our planet
15 No plans day! Be kind to yourself so you can be kind to others too	16 Make a thoughtful gift as a surprise for someone	17 Be kind online. Share positive and supportive comments	18 Today do something to make life easier for someone else	19 Be thankful for your food and the people who made it possible	20 Look for the good in everyone you meet today	21 Donate unused items, clothes or food to help a local charity
22 Give people the gift of your full attention	23 Share an article, book or podcast you found helpful	24 Forgive someone who hurt you in the past	25 Give your time, energy or attention to help someone in need	26 Find a way to 'pay it forward' or support a good cause	27 Notice when someone is down and try to brighten their day	28 Have a friendly chat with someone you don't know very well
29 Do something kind to help in your local community	30 Give away something to help those who don't have as much as you	31 Share Action for Happiness with other people today				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**



## Vitality Timetable – Glasgow

2<sup>nd</sup> August 2021



GC = Glasgow Club

S&B = Strength and Balance

Class	Venue	Postcode	Day	Time
S&B Circuit	GC Drumchapel	G15 8NS	Monday	10.30am-11.15am
S&B Circuit	GC Bellahouston	G52 1HH	Tuesday	10.15am-11.15am
S&B Circuit	GC Tollcross (Wellshot Hall)	G32 7QR	Tuesday	12pm-1pm
S&B Circuit	GC Springburn	G21 1JY	Tuesday	2pm-3pm
S&B Circuit	GC Castlemilk	G45 9NH	Wednesday	2pm-3pm
S&B Circuit	GC Scotstoun	G14 9HQ	Thursday	2.30pm-3.30pm
Step In Circuit	GC Springburn	G21 1JY	Monday	11.30am-12.30pm
Step In Circuit	GC Gorbals	G5 0YP	Monday	1.45pm-2.45pm
Step In Circuit	GC Springburn	G21 1JY	Wednesday	12.30pm-1.30pm
Step In Circuit	GC Pollok	G53 6EW	Thursday	2.15pm-3.15pm
Step In Circuit	GC Bellahouston	G52 1HH	Friday	2.00pm-3.00pm
Step In Circuit	GC Castlemilk	G45 9NH	Friday	10.45am-11.45am
Step Up Circuit	GC Scotstoun	G14 9HQ	Monday	2.00pm-3.00pm
Step Up Circuit	GC Tollcross	G32 7QR	Monday	12.15pm-1.15pm
Step Up Circuit	GC Bellahouston	G52 1HH	Wednesday	12.30pm-1.30pm

NB - There are currently no Strength and Balance Classes being delivered. This will be reviewed as we progress within the current situation.