



MONTHLY NEWSLETTER

Welcome to Pure Wellbeing

I would like to offer a very warm welcome to the first edition of the Pure Wellbeing newsletter!

I thought this would be a great opportunity to give a proper introduction to Pure Wellbeing, as I had actually established the brand in 2010 when I set up my business working as a mobile personal trainer and class fitness instructor. I had a wonderful five years, supporting individuals to achieve their goals, teaching classes in the community, and delivering to students in schools on various educational programmes.

In 2015 I was offered the role as Lead Physical Activity Specialist on Nottinghamshire County Council's Obesity and Weight Management Service, in a full time capacity. I pursued this opportunity, and continued to deliver my Zumba classes in Arnold, whilst completing a BSc (Hons) in Sport, Fitness and Coaching.

Fast forward eight years, my Zumba classes returned following lockdown, and in October 2022 I left my role as Fitness Advisor in Occupational Health at Nottinghamshire Fire and Rescue, after five fantastic years, to take a role as Employee Wellbeing Consultant at Nottingham City Council.

Ultimately, my dream goal had always been to open a Wellbeing studio. I had a clear vision as to what the Pure Wellbeing studio would look like, the environment that it would offer to my clients. However, I had never found the right place to bring this to fruition.

This all changed on 30th March when a usual quick scan at commercial property unveiled Dorket Head Farm. It ticked every box; bringing the old with the new, the beautifully converted Cowshed had been exquisitely restored, offering luxurious modern facilities in a discreet and secluded setting. This was exactly what I had envisioned for Pure Wellbeing, this was the moment!

I began delivering in the studio on 29th April, building up my delivery on evenings and weekends. At the end of June, I left my role at Nottingham City Council, and now I am doing what I always dreamed of, supporting individuals with their health and wellbeing, in the Pure Wellbeing Studio.

I hope you enjoy the newsletter.
Charlotte.

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CIMSPA Registered 30569



This picture was taken on 6th May - International Pilates Day, when the first Pilates class delivered in the studio.

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I've attended Charlotte Pilates classes for over 5 years. She's a fantastic teacher, I always feel revitalised after the class. I highly recommend Charlottes classes to anyone.

Steph, a regular Pilates participant.

CLASS TIMETABLE

Tuesday	Pilates mixed ability	18:30 – 19:30	£8.00
Wednesday	Post Natal Exercise Class	10:30 – 11:45	£7.00
Wednesday	Pilates - beginners	13:45 – 14:45	£8.00
Wednesday	Lifestyle Weight Management Course	19:00 – 20:30	12 week course £120.00
Thursday	Pilates mixed ability	18:00 – 19:00	£8.00
Thursday	Pilates mixed ability	19:15 – 20:15	£8.00
Saturday	Pilates mixed ability	09:30 – 10:20	£8.00

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What is Pilates?

Pilates promotes improved joint stability, flexibility, and balance. With regular practice, Pilates will develop over all body strength and mobility, improving posture and common injuries, such as back pain.

Pilates will benefit everyone; from beginners looking to improve strength and body movement, to complementing a training programme of a sporting individual that has a specific performance goal.

Delivered in a relaxing atmosphere, focusing on the body and mind connection, you can expect to leave feeling revitalised and ready to face the rest of your day.

History of Pilates

The Pilates method was created by Joseph Huberus Pilates over 80 years ago. Born in Germany in 1880, Joseph grew up plagued by rickets, asthma and rheumatic fever. Through his determination to overcome his health conditions, Joseph studied and developed an exercise programme that helped him restore optimum health. The exercise beliefs of the Greeks and Romans are said to have influenced Joseph's programme, and through this he gained enough strength to become an accomplished bodybuilder, diver, skier and gymnast.

In the early 1920s, Joseph moved to New York and established a studio in the City, which he shared with the New York Ballet. It is here he taught his method of exercise, which he named Contrology.

The slow and controlled movements primarily focus on strengthening the core muscles that support and stabilise the spine, helping to promote good alignment and correct postural problems. Pilates brings together the mind and the body, focusing on total concentration, balance, precision and breathing. After his death in 1967, Contrology was renamed to Pilates, being introduced to the UK in the early 1970s.

Pilates traditionally was popular with gymnasts, dancers and athletes, who recognised the benefits of the repertoire, giving them greater strength and flexibility, and the important link between the mind and body, focusing on mental and physical conditioning.

There are 34 exercises in the traditional Pilates repertoire. Pilates today also combines a contemporary approach, offering adaptations and modifications, which makes it very popular with the general population of all ages and levels of fitness, including those that have never engaged in any form of fitness before.



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**BREATH FLOW CONTROL
PRECISION CENTRING
CONCENTRATION**



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12 Week Lifestyle Weight Management Course



The first 12-week Lifestyle Weight Management Course has now completed, and it has been an absolute pleasure supporting the course participants towards achieving their goals.

Participants attend a 90-minute session each week over a 12-week period, which involves a 45-minute interactive workshop covering a different topic each week. Topics include setting goals and behaviour change, sugar, fat and protein, food preparation and recipes, food labels, portion sizes, eating out and takeaways, physical activity recommendations, plus more! The second part of the session participants completed a 45-minute physical activity session, designed to cater for everyone. Exercises are modified appropriately to accommodate health conditions and musculoskeletal conditions.

The first course has now completed, and the results are in!

Case Study One

- ✓ **Weight loss** of 13.4kg = 11.3% reduction in bodyweight
- ✓ **Blood pressure** – from stage two hypertension into the normal range
- ✓ **Waist** 13.5cm reduction
- ✓ **Hip** 12cm reduction
- ✓ Self-reporting showed now achieving recommended physical activity levels and nutritional behaviour change.

Case Study Two

- ✓ **Weight loss** of 10.4kg = 8.13% reduction in bodyweight
- ✓ **Waist** 11cm reduction
- ✓ **Hip** 9cm reduction
- ✓ Self-reporting showed now achieving recommended physical activity levels and nutritional behaviour change.

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**WE KNOW
WHAT WE NEED
TO BE DOING,
THE HARD BIT
IS MAKING IT
HAPPEN**



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12 Week Lifestyle Weight Management Course



Course Feedback

“ The course was excellent, Charlotte you have made each topic really interesting, your knowledge is excellent! I wouldn't hesitate to attend more courses.

Loved the balance of knowledge and physical movement.

Charlotte has shared her experience and expert knowledge in an extremely accessible, informative and meaningful way, with lots of ideas and practical application.

Charlotte is a powerful motivator, and has consistently been encouraging and supportive.



100%

How would you rate the overall course?

100% selected 10/10 – very good.

How would you rate the content of the sessions?

100% selected 10/10 – very good

100% of participants reported

- that they had made progress towards their goals.
- that they could recognise their barriers and behaviours, and actions to address these.
- that the course content had increased their knowledge and understanding on healthy nutrition, physical activity, and behaviour change.
- that they are very likely to recommend the course to other people.

Future Courses

The September course is now fully booked.

January Course

The January 2024 course will be made available for booking via the Pure Wellbeing website at the beginning of October. However, if you are interested in joining this course please get in touch and I can let you know prior to booking going live on the website. If you then wish to book you can secure your place and avoid disappointment.

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NATIONAL FITNESS DAY 2023

This year, National Fitness Day is taking place on 20th September 2023, with a theme of

'Your Health is for Life'

By being active regularly, your risk of developing some heart and circulatory disease can reduce as much as 35%. However, research shows that 38% of adults in the UK do not currently meet the physical activity recommendations.

The heart is a muscle that requires physical activity to help keep it healthy and working properly. Regular activity can help to control blood pressure, raise good cholesterol and reduce bad cholesterol, help control blood glucose levels, and help to maintain a healthy weight.

So, what are the recommendations and what can we do to reduce our risk?

♥ **Aim to do at least 150 minutes of moderate intensity aerobic activity each week.** If you are new to moderate physical activity, then it is recommended that you gradually build up to this over a period of 6 – 8 weeks. Remember, every 10 minutes counts!

♥ **Moderate intensity** means that your heart rate is elevated, you will feel warmer and be breathing faster, but you can still hold a conversation. If it is harder than this and you are unable to talk, then you are likely to be in the vigorous intensity zone. **Vigorous intensity** yields the same health benefits within a recommended duration of 75 minutes across the week. Once you have progressed your fitness and are regularly completing moderate activity, you may wish to increase the intensity, or choose to complete a mixture of both.

♥ **The type of activity is up to you!** It is ideal to choose activities that you enjoy so that you get pleasure from what you are doing. It doesn't need to be structured, such as gym sessions or fitness classes.

Brisk walking, cycling, even housework and mowing the lawn will all count, if you are in the moderate or vigorous intensity zone.

♥ *Image of me getting in my cardio, enjoying walking Pen y Fan*



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October is Breast Cancer Awareness Month

Breast cancer is the most common cancer in the UK, with figures showing around 55,000 women and 370 men in the UK have been diagnosed this year. The good news is that by knowing the signs and symptoms to look out for, and with lifestyle changes, 25% of these cases are said to be preventable. Research shows that engaging in regular physical activity can reduce your risk by as much as 20%.

For tips on everyday ways to help reduce your risk of breast cancer, complete the quick quiz and planner, visit <https://breastcancerprevention.org.uk>

All women who are 50 to 70 years old are invited for breast cancer screening every 3 years. Women over the age of 70 are also entitled to screening and can arrange an appointment through their GP or local screening unit. The NHS is in the process of extending the programme as a trial, offering screening to some women aged 47 to 73.

The NHS are urging women who have been invited for a breast screening appointment, to book a suitable time with their local NHS breast screening service regardless of whether they were invited months or weeks ago.

Remember that most cases of breast cancer are diagnosed in women aged 50+, but it can happen at any age – which is why it's important to check your breasts regularly for any unusual changes and contact your GP if you find any unusual lumps. About 1 in 7 women are diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it's detected at an early stage.

For this reason, it's vital that women check their breasts regularly for any changes and always have any changes examined by a GP.

In rare cases, men can also be diagnosed with breast cancer. Find out more about breast cancer in men click here: <https://www.nhs.uk/conditions/breast-cancer-in-men/>

Breast cancer can have several symptoms, but the first noticeable symptom is usually a lump or area of thickened breast tissue. Most breast lumps are not cancerous, but it's always best to have them checked by a doctor.

For more information, check out the following websites

NHS advice link: <https://www.nhs.uk/conditions/breast-cancer/>

How should I check my breasts link : <https://www.nhs.uk/common-health-questions/lifestyle/how-should-i-check-my-breasts/>

Breast cancer screening services near you link: <https://www.nhs.uk/service-search/other-health-services/breast-screening-services>

Breast Cancer UK link: <https://www.breastcanceruk.org.uk/breast-cancer-awareness-month/>

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Don't miss out!

Follow me on social media and stay up to date on the hot topics, latest tips, and studio information. If you fancy, you can even get involved in the conversation on my Instagram and Facebook page!



pure_wellbeing_nottingham



purewellbeingnottingham

Jokes of the month

What did the left eye say to the right eye?

Between us, something smells!

Why did the student eat his homework?

Because the teacher told him it was a piece of cake!

A good giggle makes us feel good!

Please send through your funny jokes or quotes to info@purewellbeing.co.uk so I can share them in the next newsletter and spread some smiles and laughter.

Puzzle of the month

Grab a cuppa, put your feet up, and enjoy completing the puzzle of the month.

<https://www.jigsawplanet.com/?rc=play&pid=271ea2f99da3>

Have a picture you wish to share for the next newsletter? Please send it through!

I hope you have enjoyed the first edition of the Pure Wellbeing Newsletter!

I welcome your feedback! Please send me any comments, thoughts and ideas for future newsletters, so I can make sure I am bringing you content that you are going to find useful, and enjoy!

Warm wishes,
Charlotte

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