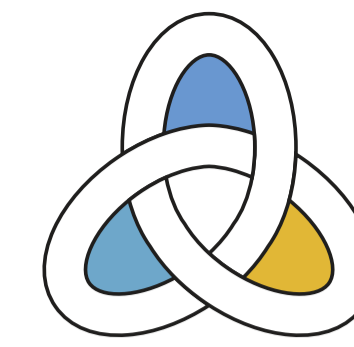


# wellnews



LEARNING TOGETHER  
CORNWALL EDUCATION LEARNING TRUST

EDITION 3 - MAY 2024

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COLLABORATE • EMPOWER • LEAD • TRANSFORM

## This edition of Wellnews is focused on Movement. Spring is a great time to take advantage of longer days and milder temperatures to motivate you to move more.

Movement is crucial for you for a multitude of reasons, encompassing physical, mental, and emotional well-being. Here are several key reasons why movement is important:

- **Physical Health:** Regular movement is essential for maintaining overall physical health. It helps to strengthen muscles, improve cardiovascular health, and increase flexibility and balance. Physical activity also plays a crucial role in weight management, reducing the risk of chronic diseases such as obesity, heart disease, type 2 diabetes, and certain types of cancer.

- **Mental Health:** Movement has profound effects on mental health and emotional well-being. Engaging in physical activity releases endorphins, neurotransmitters in the brain that act as natural mood lifters, reducing feelings of stress, anxiety, and depression. Regular exercise can also improve cognitive function, sharpen focus, and enhance overall mental clarity and performance.

- **Stress Reduction:** Movement serves as a powerful stress reliever, helping to dissipate tension and promote relaxation. Physical activity triggers the release of neurotransmitters like dopamine and serotonin, which are associated with feelings of happiness and relaxation, thereby reducing levels of stress hormones such as cortisol.

- **Boosted Energy Levels:** Contrary to common belief, physical activity actually boosts energy levels rather than depleting them. Regular movement improves blood circulation, delivering oxygen and nutrients to cells throughout the body, which can increase feelings of vitality and combat fatigue.

- **Improved Sleep Quality:** Regular physical activity has been shown to improve sleep quality and duration. Exercise helps regulate the body's circadian rhythm, or internal clock, promoting restful sleep patterns. Additionally, the release of endorphins during exercise can reduce symptoms of insomnia and promote feelings of relaxation, making it easier to fall asleep and stay asleep throughout the night.

- **Enhanced Quality of Life:** Incorporating movement into daily life can lead to an overall improved quality of life. Whether it's through structured exercise routines, outdoor activities, or simply incorporating more movement into daily tasks like walking or gardening, staying active can increase feelings of vitality, happiness, and fulfillment.

Overall, movement is an integral component of a healthy lifestyle, offering a wide range of physical, mental, and emotional benefits. By prioritising regular physical activity and finding enjoyable ways to stay active, individuals can improve their overall well-being and lead healthier, more fulfilling lives.



## Strength training

Strength training becomes increasingly important as you get older for several key reasons:

- **Maintaining Muscle Mass:** As you age, you naturally experience a loss of muscle mass and strength, known as sarcopenia. Strength training, involves working against resistance to build muscle strength and mass. By engaging in regular strength training exercises, older adults can mitigate the effects of sarcopenia and preserve muscle mass, which is essential for maintaining mobility, independence, and overall functional abilities.

- **Improving Bone Density:** Alongside muscle loss, older adults are also at risk of decreased bone density, increasing your susceptibility to osteoporosis and fractures. Strength training exercises, particularly those that involve weight-bearing and resistance, help stimulate bone growth and improve bone density. By strengthening the bones, you can reduce your risk of fractures and maintain skeletal health as you age.

- **Enhancing Joint Health and Function:** Strength training exercises can help improve joint health and function by strengthening the muscles and ligaments that support the joints. Stronger muscles around the joints provide better stability and protection, reducing the risk of injuries and conditions such as osteoarthritis. Additionally, strength training can improve flexibility and range of motion, making everyday movements easier and more comfortable.

- **Managing Chronic Conditions:** Strength training has been shown to have numerous health benefits for older adults, including managing chronic conditions such as arthritis, diabetes, and heart disease. Regular strength training can help control blood sugar levels, improve cardiovascular health, and reduce symptoms associated with chronic pain and inflammation.

- **Enhancing Functional Independence:** Strength training exercises are designed to mimic real-life movements and activities, making them highly beneficial for maintaining functional independence as people age. By improving strength, balance, and coordination, older adults can perform daily tasks more easily and safely, such as lifting groceries, climbing stairs, and getting in and out of chairs.

- **Promoting Mental Well-Being:** In addition to the physical benefits, strength training can also have positive effects on mental health and well-being. Regular exercise, including strength training, has been linked to improvements in mood, cognitive function, and overall quality of life. Engaging in strength training can boost self-esteem, confidence, and feelings of accomplishment, contributing to a more positive outlook on life.

Overall, strength training is a crucial component of healthy aging, offering numerous benefits for older adults. By incorporating regular strength training exercises into your routine, older adults can maintain muscle mass, improve bone density, enhance joint health, manage chronic conditions, promote functional independence, and support overall physical and mental well-being as you age.

## Getting started

Want to get started, but do not know where to begin, follow this simple 7-day plan

### Day 1: Start Slow with Walking

Duration: 15-20 minutes

- Activity: Begin with a brisk walk around your neighborhood or a nearby park. Focus on maintaining a steady pace that feels comfortable for you.
- Intensity: Moderate (you should be able to carry on a conversation while walking).
- Tip: Listen to music or an audiobook to make your walk more enjoyable.

### Day 2: Gentle Stretching

Duration: 10-15 minutes

- Activity: Perform a series of gentle stretching exercises targeting major muscle groups, such as your calves, hamstrings, quadriceps, shoulders, and back.
- Intensity: Low (stretch to the point of mild tension, not pain).
- Tip: Hold each stretch for 15-30 seconds and remember to breathe deeply and slowly throughout.

### Day 3: Core Strengthening

Duration: 15-20 minutes

- Activity: Complete a beginner-friendly core workout consisting of exercises such as modified planks, abdominal crunches, pelvic tilts, and bridges.
- Intensity: Low to Moderate (focus on proper form and controlled movements).
- Tip: Start with 1 set of each exercise and gradually increase to 2 or 3 sets as you feel comfortable.

### Day 4: Active Rest or Light Activity

Duration: 15-30 minutes

- Activity: Engage in light activity such as gentle yoga, swimming, or biking. Alternatively, take a leisurely walk or engage in active hobbies like gardening or dancing.
- Intensity: Light (focus on relaxation and enjoyment).
- Tip: Listen to your body and choose activities that feel refreshing and rejuvenating.

### Day 5: Strength Training with Bodyweight Exercises

Duration: 20-30 minutes

- Activity: Perform a series of bodyweight exercises targeting major muscle groups, such as squats, lunges, push-ups, and tricep dips.
- Intensity: Low to Moderate (start with fewer repetitions and gradually increase as you gain strength).
- Tip: Focus on maintaining proper form and control throughout each exercise.

### Day 6: Flexibility and Balance

Duration: 15-20 minutes

- Activity: Practice yoga or tai chi exercises focused on improving flexibility, balance, and mindfulness. Include poses or movements such as tree pose, warrior poses, and seated spinal twists.
- Intensity: Low to Moderate (move slowly and mindfully, focusing on your breath and alignment).
- Tip: Use props like blocks or straps to assist with flexibility if needed, and challenge your balance by trying new variations of poses.

### Day 7: Rest and Recovery

Duration: Rest day

- Activity: Focus on rest and recovery to allow your body to recuperate from the week's activities. Engage in gentle stretching, foam rolling, or relaxation techniques such as deep breathing or meditation.
- Intensity: Low (prioritize relaxation and restoration).
- Tip: Use this day to reflect on your progress, celebrate your accomplishments, and set intentions for the week ahead.

As you progress through the week, listen to your body and adjust the intensity and duration of your workouts accordingly. Gradually increase the intensity and duration of your exercises as you feel more comfortable and confident. Remember that consistency is key, so aim to incorporate movement into your daily routine in whatever way feels most enjoyable and sustainable for you.



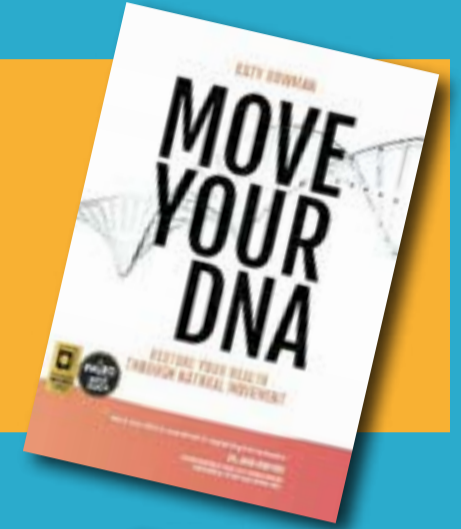
## Want to learn more?

Here are some excellent books that provide valuable insights and practical tips on incorporating movement into daily life:

### ***“Move Your DNA: Restore Your Health Through Natural Movement”***

by Katy Bowman

In this book, biomechanist Katy Bowman explores the importance of natural movement for optimal health and well-being. She offers practical strategies for incorporating movement-rich habits into everyday life, including walking, squatting, and stretching.



### ***“Spark: The Revolutionary New Science of Exercise and the Brain”***

by John J. Ratey

Neuroscientist John J. Ratey delves into the powerful connection between exercise and brain health in “Spark.” He presents compelling evidence showing how physical activity can improve mood, cognition, and overall mental well-being, making a compelling case for moving more.



### ***“Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement”***

by Katy Bowman

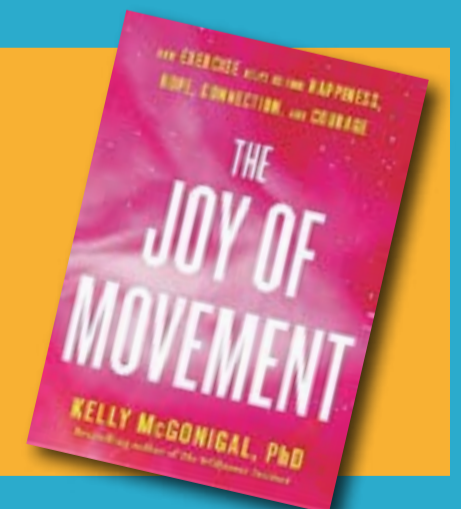
Another insightful book by Katy Bowman, “Movement Matters” explores the broader implications of movement on our health, environment, and society. Bowman challenges readers to rethink their sedentary habits and offers thought-provoking perspectives on the importance of movement in all aspects of life.



### ***“The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, and Courage”***

by Kelly McGonigal

Psychologist Kelly McGonigal delves into the psychological and emotional benefits of exercise in “The Joy of Movement.” Drawing on research from neuroscience, psychology, and sociology, she explores how movement can enhance happiness, foster social connections, and cultivate resilience.



Click on the cover to view book...

## Movement with others

If you want to find your tribe, try some of these local groups:



### Parkrun

<https://www.parkrun.org.uk/>

parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. parkrun is 5k and takes place every Saturday morning. junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning.

Lanhydrock, The Eden Project, Trelissick and Penryn Campus all hold weekly Parkruns. They are also always in need of volunteers if you have spare time on a Saturday morning,

These events are free and highly inclusive whether you want to walk, jog or run.



### Beach Yoga

Cornwall is blessed with some of the best locations to try yoga on the beach. These are all local, friendly classes – most need to be booked online in advance: Wavehunters, Polzeath. <https://www.wavehunters.co.uk/beach-fitness-polzeath-cornwall/>

Shineyoga, Newquay. <https://shineyogauk.com/yoga-newquay/>  
Silent Disco Yoga on the beach, Newquay. <https://www.silentdiscoyoga.co.uk/silent-disco-yoga-newquay-event/>

## Learning on the go Podcasts to inspire you

Here are five podcasts that cater to individuals who are beginning their fitness journey:

### “The Strength Running Podcast”

Hosted by running coach Jason Fitzgerald, this podcast offers valuable insights and practical advice for beginners who are interested in running. Episodes cover topics such as getting started with running, building endurance, preventing injuries, and developing a training plan.

### “Feel Good Effect”

Hosted by wellness advocate Robyn Conley Downs, “Feel Good Effect” explores holistic wellness practices and strategies for cultivating a healthy lifestyle. Episodes cover topics such as mindset, nutrition, movement, self-care, and mindfulness, providing inspiration and practical tips for beginners.

### “Fit & Fearless”

Produced by the BBC and hosted by fitness influencers Tally Rye, Zanna Van Dijk, and Victoria Spence, “Fit & Fearless” is a podcast that covers a wide range of fitness-related topics. The hosts share their own experiences and offer advice on getting started with exercise, setting goals, staying motivated, and overcoming common challenges.

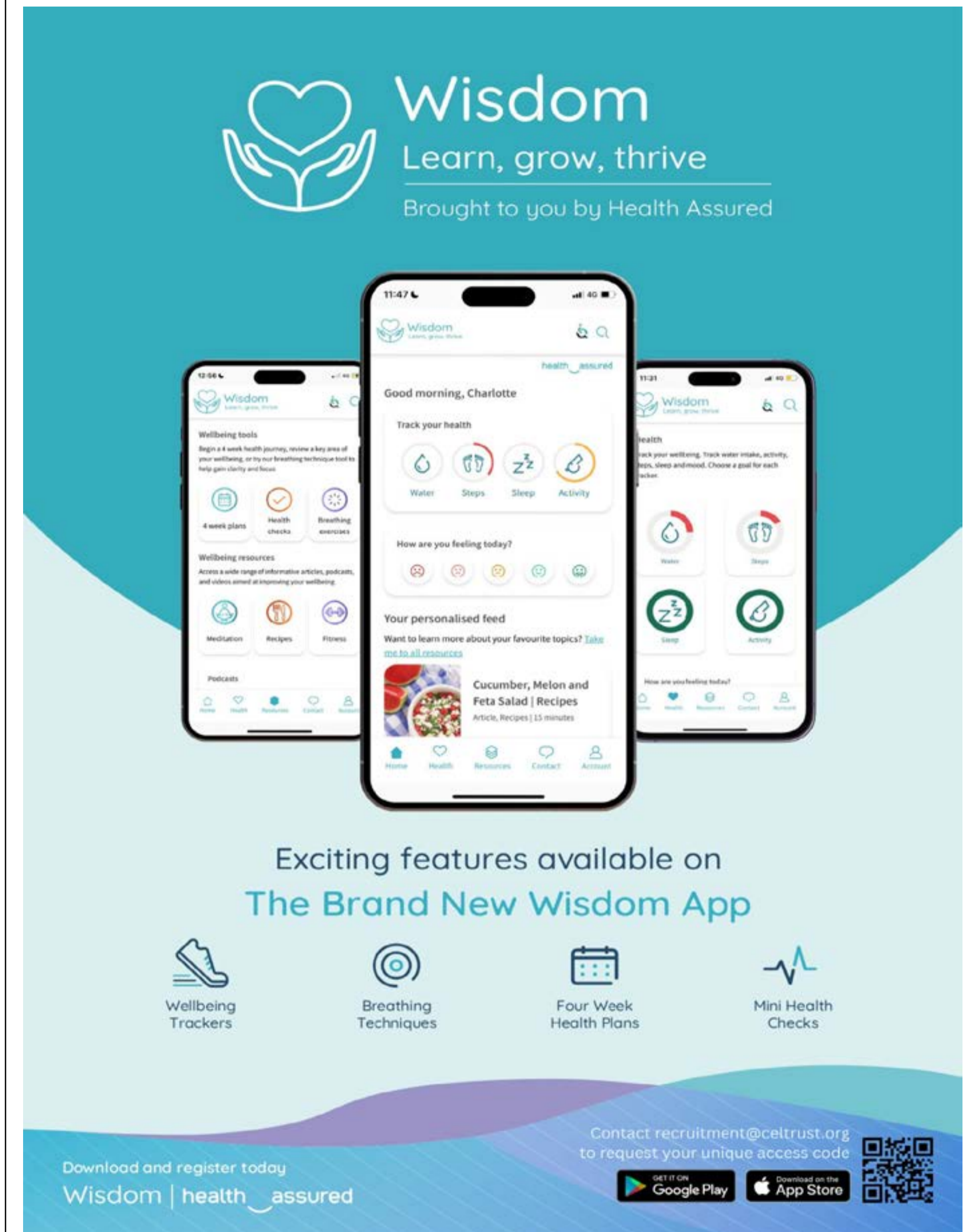
### “The Body and Mind Project”

Hosted by fitness coach Tim Borys, “The Body and Mind Project” explores the intersection of physical fitness and mental well-being. Episodes cover topics such as building healthy habits, setting realistic goals, overcoming obstacles, and maintaining motivation on the fitness journey.

### “The Beginner’s Guide to Being”

Hosted by fitness coach and wellness advocate Alex Light, “The Beginner’s Guide to Being” offers practical advice and encouragement for beginners who are navigating their fitness journey. Episodes cover topics such as building confidence, finding joy in movement, and embracing a positive mindset toward health and fitness.

These podcasts offer valuable insights, inspiration, and practical tips for individuals who are beginning their fitness journey and looking to improve their health and well-being. Whether you’re interested in running, holistic wellness, strength training, or overall fitness, these podcasts provide guidance and support to help you get started and stay motivated along the way.



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