

Sept/Oct 2020

WHERE DID THE SUMMERTIME GO...?

It's almost impossible to believe that it's almost time for our children to return to their schools and colleges. The start of another academic year brings challenges and opportunities for all; new books, new uniform, new subjects, new friends and perhaps a totally different place of learning for some. One crucial thing at this time is to make sure that everything your child needs to have with them each day isn't carried around in a way that's bad for their health, causing symptoms like headaches, sore shoulders and neck pain. Posture is important, as we always emphasising here at Sensus Health.

As a result, we're inviting you to bring your child in for a FREE posture screening and to demonstrate how to safely carry their schoolbag. Please let one of us know if you're interested and we'll happily book you in for an appointment to take advantage of this offer.

We're very pleased to have seen so many of you since we re-opened in May, together with those who've shown interest in our new layout following the recent clinic refurbishment.

We were closed for 10 days and missed not being available to help you, but we considered the work essential in order that we could provide you with a better service delivery in the future. If you haven't been in to see us yet please feel free to drop by and say hello, or book an appointment with one of us by telephone, online or via email. You'll be able to see for yourself what the 'new' Sensus Health looks like inside and enjoy our updated facilities.

In our previous newsletter we mentioned our new exercise platform. With a small delay due to some video issues, this has now launched

and we are super excited to give you all a taste of how it works and how it can help you achieve even better health. You'll find Yoga, Pilates and Strength training on the platform, with programmes for both beginners and intermediate, covering the needs of all. We offer six live classes per week and an extensive recorded library which is easily accessible via our website from the comfort of your home or wherever you are.

This platform will be available for free to try for a limited time. If you're on one of our Bronze, Silver or Gold membership plans it will be included with your monthly payment. If you're just starting out with us, or if you're on a pay-as-you-go plan, you'll also have the opportunity to try it without cost or commitment before purchasing it should you wish to.

We do hope that you'll continue to enjoy the regular emails from us here at Sensus Health, as well as following us on all our social media formats. We're pleased to announce that we now also have a podcast which is available on most platforms.

For more information about us, or any of the topics mentioned above, please don't hesitate to speak to one of us and we'll be more than happy to assist you in any way we can.

We look forward to seeing you in the clinic soon, and for us to be able to help you "Live your life to the fullest".

*Dr Kris and the
team at Sensus Health*



BACK TO SCHOOL, BACK TO WORK, BACK TO NORMAL?

If all goes to plan, it won't be long before the kids return to school and adults return to work after what must be the longest "summer holiday" on record.

But after 6 months out of our normal routine, how easy will it be to return to some kind of normal?

Some of you will slip back into your old routine with ease, enjoying the change and embracing the little bit of normality this old structure brings.

Some of you may struggle. After 6 months of having complete control of your schedule and time in abundance, it may be hard to get up early and motivate yourself to get back into routine.

Your body clock may have adjusted to a different cycle, your mindset has most likely changed and

your focus may be hard to bring back to the fore.

So what can you do to make this transition a little easier? How can you help your kids or yourself adjust to the new routine and prepare physically and mentally for returning to work or school?

You need to go back to basics.

1: GET YOUR SLEEP CYCLE BACK ON TRACK

While late nights and lazy mornings may have been a luxury to enjoy through the lockdown and summer holiday, a sleep schedule that's off-kilter is going to be your worst nightmare once school or work begins. Start adjusting your circadian rhythm now by moving your wake up time forwards by 15 minutes each morning, and your bedtime forward by 15 minutes each night until you get back to your optimum schedule.





Many people have found their diets slip through the lockdown - a little extra wine here, a little takeout treat there. While finding ways to treat yourself and make these last few months more enjoyable is great, if your diet isn't clean and healthy, you'll feel it in your mood, your body and your energy when you go back to work. Start eating consciously again - reduce your alcohol intake (or cut it out!), limit any refined foods or sugars and pack in plenty of lean proteins, fresh fruit and veg for a nutrient boost.

Re-learning how to sit still and focus is going to be tough for kids this September - and adults too! Returning to sitting at a desk and asking your brain to focus on challenging or mundane tasks is going to be tough. But exercise can help!

Most importantly - stay positive. Even if the adjustment is hard, remember that this too shall pass and you'll soon be enjoying your more-structured life once again.

Fun Facts

Go back to work or school and show off your new knowledge!

1. Bananas are curved because they grow towards the sun.
2. A lion's roar can be heard from 5 miles away.
3. A baby spider is called a spiderling.
4. Recycling one glass jar saves enough energy to watch television for 3 hours.
5. The Battle of Hastings didn't take place in Hastings.

WORDSEARCH CHALLENGE

Energy
School
Routine
Back
Sleep
Celery
Family
Circadian
Blue
Positive

N	L	R	S	P	O	S	I	T	I	V	E	A	V
E	I	S	Y	L	N	L	S	F	A	M	I	L	Y
R	O	C	I	R	C	A	D	I	A	N	A	E	S
E	Y	F	I	B	O	I	L	T	I	L	R	A	S
N	G	R	S	A	E	U	S	C	H	O	O	L	I
M	R	I	A	E	S	M	T	S	R	L	C	E	U
I	E	E	A	I	L	E	L	I	A	A	R	V	P
I	N	E	I	R	E	B	H	S	N	C	T	Y	E
K	E	N	E	E	E	S	I	R	U	E	O	A	C
S	C	O	C	U	P	N	N	I	C	I	E	I	G
E	D	A	A	R	L	L	E	C	E	L	E	R	Y
R	E	O	B	S	C	B	L	C	L	I	A	R	A
K	F	Y	N	E	N	L	T	N	G	O	E	L	E
E	E	I	S	V	I	O	E	L	E	I	S	P	I

WHERE TO FIND US:

SENSUS HEALTH & WELLNESS

60 Walham Grove, London
SW6 1QR

02073 850452

Monday 8:30 am - 2:00 pm

Tuesday 12:30 am - 7:30 pm

Wednesday 8:30 am - 2:00 pm

Thursday 12:30 pm - 7:30 pm

Friday 8:30 am - 4:00 pm

Saturday 9:00 am - 4:00 pm

VERY BERRY CELERY COOLER SMOOTHIE

This summer has been a scorcher, so cool off and pack in some nutrient-rich foods in this tasty & super-quick smoothie recipe.

5 Stalks celery, chopped
2 Bananas, chopped
1 Red apple, chopped
1 Cup water
1 Cup frozen blackberries
1 Cup frozen raspberries

Place all the ingredients in your Nutribullet or blender and mix until smooth. Serve and drink immediately.