



Wellbeing Newsletter

Issue 2 January 2022

Happy new year! This term's newsletter focuses on the link between our physical health and our mental health. We all know that regular exercise has positive effects on our physical health, but what about our mental health? Exercise is a proven mood-booster! When we engage in physical activity, our body releases feel-good chemicals called endorphins, which produce feelings of happiness. Taking part in any form of exercise can increase our self-esteem and general sense of wellbeing as we become fitter and maybe reach goals we have set. Exercising with others can also boost our confidence and increase our sense of wellbeing. Exercise helps us to sleep better and when we are less tired, we can focus better and get things done. Finally, exercise can reduce stress and help us deal better with difficult situations. Even moderate exercise a few times a week can have all these benefits and more.

Regular exercise helps prevent or manage many health problems and concerns including strokes, high blood pressure, type 2 diabetes, depression, anxiety, many types of cancer, arthritis and falls.



Parkruns are free, weekly, community events all around the world. Saturday morning events are 5k and take place in parks and open spaces. These are open to anyone over the age of 4. On Sunday mornings, there are 2k junior parkruns for children aged four to 14. Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. You need to register for a barcode before attending for the first time. Look at the parkrun website for more details - see below. Local parkruns include Belton house and Wyndham park (juniors) in Grantham, Doddington Hall and Boultham Park in Lincoln, Sconce Park in Newark and Boston Road rec (juniors) in Sleaford.



Why?



eXPD8

It's Good To 'Talk'

Miss Simpson is a teaching assistant and fitness instructor who has organised a health and wellbeing day for us this half term.

- What job did you do before you came to Greenfields? Before working here I ran my own personal training business from home and ran pilates and fitness classes externally.
- Are there any similarities between the jobs? Yes I think so. I help and support the pupils when needed, in a nurturing way. This is the same with some of my clients - they need help and support with motivation to reach their goals.
- What is your favourite way to exercise? My favourite way to exercise is to train in my own gym - cardio, pilates and weight training
- What do you think is the biggest benefit of exercise? Its the well-being factor. You feel fitter stronger, more flexible, fitter heart and lungs and a better mental health.
- Do you think exercise and a healthy lifestyle has become more popular recently? Yes—more and more people are becoming aware of saving the planet and are now exercising more and have become vegetarian and vegan in order to live a healthier lifestyle.



Here are some websites which you may find useful.

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

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/exercise-and-mental-health-for-young-people>

https://www.youtube.com/results?search_query=relaxing+yoga+for+beginners



Yoga can be a really good way to relax your mind and body. Everyone is different, so a pose that might relax one person, may not work for another. You can find suggestions for yoga poses online and find yoga sessions to join in with on YouTube.



CHALLENGE Yourself

January is a great month for starting new habits or hobbies. Why not try a few types of exercise and see which you enjoy the most? Maybe find a local parkrun or join a club? Exercise with others can be even more beneficial.



Greenfields health and fitness day Friday 14th January

Time to Talk day 4th February

Eating disorder awareness week 6th-12th February

No smoking day 8th March

"It is health that is real wealth and not pieces of gold and silver." Mahatma Gandhi