

# G4 Physiotherapy & Fitness Newsletter

November 2018

## G4'S Top Tip For Running In The Cold

### Clothing:

Wearing the correct clothing when running on cold conditions is a must to ensure you have a comfortable and enjoyable run. A layering system is the best way to keep warm through your run without overheating. For example;

A *Base Layer* such as a skin tight top made from breathable fabric work to draw sweat away from your skin.

A *Mid Layer* such as a fleece to keep warmth and remove moisture from base layer

An *Outer Layer* such as a light weight water resistant jacket, to protect from rain and wind.

\*BIG TIP, always head out on the run with a pair of gloves and a hat, great to stop you losing heat and keep those ears warm, you can always take them off at any point and put them in your waist band\*

### Visibility:

Runs before or after work at this time of year and still unfortunately likely to be in the dark or reduced lighting. It's important you are visible to other people and motorists. Reflective or bright clothing is a simple way to do this.

### Warm up and Cool Down:

The temptation when going out for a run in the cold is to get running as quick as possible as soon as possible to try and warm yourself up. Start slow with light jogging or even walking to get muscles warm and ready. Once up to the speed you will be maintain for most of the run don't stop to do 5mins of stretching as this cool your muscles down again. Once finished get inside to do your post run stretches

### Staying Motivated:

It can be incredibly hard to motivate yourself to step out of that front door when ground is covered in snow and you can see your own breath! Great way to keep your self-going is to find a friend to run with or a group, it's much harder to just try around and go home when you know someone is waiting for you round the corner. If the cold just isn't for you the next couple of weeks is a great time to focus on most strengthening and conditioning that usually takes a back seat when in full training mode.

Why not try something different like one of our many fitness classes held at the Didsbury Gym, finally get on top of those nagging injuries or just treat yourself to well-deserved massage.

If you want any more advised on running or training in ice and wintery condition please contact a member staff at the clinic and we will be happy to help.

Keep safe on the ice and enjoy the fresh air!



## Up and coming Events

- ◆ 3rd - Run Tatton Park 10k
- ◆ 3rd - Olympic Park 10k
- ◆ 4th - Run Tatton Park Half Marathon
- ◆ 10th - Cheshire 10k, Arley Hall
- ◆ 10th - Cancer Research Tough Manchester
- ◆ 11th - Peak District Trail Run Series
- ◆ 14th - Run in the dark Manchester 5k & 10K
- ◆ 17th - MoRun Liverpool 5k & 10k
- ◆ 18th - MoRun Manchester 5K
- ◆ 18th - Three Gems Of Manchester 10k
- ◆ 25 - Wilmslow 10k



## Class Timetables

### G4 Yoga

Monday 9.30am

Wednesday 9.30am

Thursday 9.30am and 8pm

Friday 9.30am

Sunday 9.30am & 10.30am

### Pilates Classes

Monday: 6.30am - 7.30am and 6pm - 7pm

Tuesday: 7am-8am, 10am -11am, 11am-12pm 8pm-9pm

Wednesday: 6pm - 7pm & 7pm - 8pm

Thursday: 11am -12pm and 7pm - 8pm

Saturday AM: 9.30am-10.30am & 10.30am-11.30am

### G4 Pre-Natal Pilates

Monday 7pm-8pm

Friday: 11am-12pm

### Endurance & Strength Classes

Strength Training

Tuesday AM: 6.15am-7am

Tuesday AM: 12.15pm -1pm

Thursday: 12.15pm-1pm

Circuit Training

Wednesday AM: 6.15am-7am

Wednesday 12.15pm-1pm

Friday AM: 6.30am-7.30am

Friday PM: 12pm-1pm