



HAPPY NEW YEAR

THRIVING THROUGH THE FROST

Kickstart 2026: Proactive health for the months ahead

As the calendar turns and we settle into the quiet, crisp days of January, many of us are feeling that familiar spark of renewal. Whether you're looking to completely overhaul your wellness routine or simply want to feel a little more energised during these shorter days, we are thrilled to have you with us for our first newsletter of 2026.

Winter often invites us to slow down, but it shouldn't mean letting our health goals drift into hibernation. In this edition, we're focusing on how to stay resilient and proactive during the coldest months of the year.

Inside This Edition:

- **Winter-Proof Your Wellness:** Essential tips for maintaining good health when the temperature drops.
- **The Power of Prevention:** Why early insight is the best gift you can give yourself this year.
- **An Exclusive Opportunity:** We've partnered with the experts at **Bluecrest** to help you get a head start on your 2026 goals.

We know that "health" isn't just a resolution, it's a daily practice. That's why we are more committed than ever to being your go to resource.

If you have a printed copy of our newsletter but would like to download a free digital version with active hyperlinks, visit myhealthyway.co.uk

The My Healthy Way Team

my**healthy**way.co.uk



NEW YEAR WELLBEING TIPS

By Registered Nutritionist, Jen McDiarmid

The New Year often brings motivation to make changes, but wellbeing doesn't have to mean strict plans or big lifestyle overhauls. In fact, the most effective changes are usually the simplest ones with small habits that support your body and mind consistently over time.

Here are some positive wellbeing tips to help you feel healthier, more energised and supported as you move into the year ahead. Always remember the information in our blogs is for general top tips. If you are taking any medication or have any form of ill health, it is always important to speak to your GP before making any major changes.

One of the most important foundations of wellbeing is **eating regularly**. Skipping meals can lead to low energy, poor concentration, irritability and strong cravings later in the day.

Regular meals help to:

- Keep blood sugar levels stable
- Support steady energy throughout the day
- Improve focus and mood
- Make it easier to stay active

Food isn't just about weight, it's **fuel for movement**. Whether you're walking more, attending classes, or returning to the gym, your body needs enough energy to perform and recover well.

Eating enough helps:

- Improve exercise performance
- Reduce feelings of fatigue
- Support muscle recovery
- Lower the risk of injury

Hydration is often overlooked, but it plays a key role in both physical and mental wellbeing. Even mild dehydration can contribute to tiredness, headaches and reduced concentration.

Drinking enough fluids helps to:

- Support energy levels
- Aid digestion
- Support physical performance
- Improve focus and alertness

Wellbeing isn't only about what you do during the day but it's also about how well your body recovers. **Sleep, rest and nutrition** all work together to support recovery from physical and mental stress.

Eating well can help support:

- Muscle repair after exercise
- Stable energy levels
- Better sleep quality
- A stronger immune system

The New Year doesn't need to be about extremes. Wellbeing works best when nutrition, physical activity and support all work together, helping you feel better, move better and stay consistent over time.



WHAT HAVE WE BEEN UP TO?

Exciting New Partnership with England Netball

Parkwood Leisure, alongside our partners Lex Leisure, Legacy Leisure, 1Life, and Creating Active Futures, is proud to partner with England Netball to significantly boost the health and wellbeing of women and girls.

This collaboration is focused on expanding access to netball for all ages and abilities, strengthening local communities through inclusive programmes that support both physical and mental wellbeing.

A key highlight is the collaboration between Parkwood's My Healthy Way initiative and NETBALLHer, England Netball's industry-leading female health initiative. Together, we will provide essential resources and guidance to support women in remaining active throughout all life stages.

Supporting Stroke Survivors to Lead More Active Lives

We were so honoured to have partnered with the Stroke Association to host a fantastic day at Tarka Leisure Centre in North Devon!

20 Stroke Survivors were provided with guided tours of the centre, free exercise classes and Goodboost sessions, powerfully showcasing the positive impact of physical activity for people who have had a stroke.

Celebrating Accessibility with the Sight Loss Council

Working with the Thomas Pocklington Trust and the South East London Sight Loss Council, we hosted and delivered a Live Well Get Active activity day at Sidcup Leisure Centre in line with Invisible Disabilities week and Blindness Awareness Month.

The day was a huge success, welcoming 30 blind and partially sighted people to take part in a programme of inclusive activities.

The event showcased how accessible activities can empower the local blind and partially sighted community to get active, build confidence, and enjoy their local facilities.





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DISCOUNTED HEALTH ASSESSMENTS

We are pleased to announce that our partnership with Bluecrest Wellness has entered a new phase. We are now able to offer all of our leisure centre members a range of discounted health assessment packages, bookable directly via the Bluecrest website.

With clinics available across the UK, this will make health assessments for our members more accessible than ever. Our members can benefit from up to 88 different health readings for complete peace of mind and will receive a personalised results report. You can discover more and find a clinic at:

www.bluecrestwellness.com/business/partners/parkwoodleisure

Choose from:

Health Plus - £117

- 47 health readings
- Accessible, entry-level health assessment
- Personalised results report included
- Ongoing support with 24/7 GP helpline
- A great starting point for taking control of your wellbeing

Health Extra - £176

- 62 health readings
- A strong all-round option for everyday wellbeing
- Now extended to cover: Mental health screening and Musculoskeletal (MSK) assessment
- Personalised results report included
- Ongoing support to a 24/7 GP helpline

Health Comprehensive - £235

- 76 health readings
- Comprehensive level 3 health assessment
- Offers a detailed overview of your health
- Includes: Full blood health profile, Liver fibrosis assessment, Lung function test and more

Health Executive - £354

- 88 health readings
- Our most advanced level 4 health assessment
- Executive suite of tests for complete peace of mind
- Includes: Advanced diabetes check, Fitness test and GP consultation



Cancer risk add-ons
available - Scan the
QR code to find a
clinic

Scan here for Bluecrest



**HELP YOUR
BODY FIGHT
FLU**



**STAY STRONG.
GET VACCINATED.**

PROTECTING YOURSELF THIS WINTER

As the days grow shorter, weather gets colder and we spend more time indoors, we can become more vulnerable to germs and the cold.

Here are some simple tips to keep us healthier and make the most of the season:

GET VACCINATED Respiratory viruses are more widespread in winter, so it's especially important to get vaccinated against flu. Vaccinations are particularly important this winter as flu levels are expected to rise. Check your eligibility and book now nhs.uk/book-flu

KEEP WARM Low indoor temperatures can impact our health, especially those with medical conditions. To help with this, use draught excluders, wear multiple layers and heat frequently used rooms to at least 18°C.

TAKE SUPPLEMENTS Vitamin D helps keep us healthy, and government advice is that everyone should consider taking a daily vitamin D supplement during the autumn and winter.

MAINTAIN GOOD HYGIENE Good hygiene stops infections from spreading. Remember to wash hands properly for 20 seconds, use tissues for coughs and sneezes, and stay away from others when sick.

HEALTHY EATING Eat a balanced diet with at least 5 portions of fruits and veggies daily, plus healthy proteins and carbohydrates.

KEEP MOVING A little bit of activity now and then is a great way to help keep warm. Try not to sit still for more than an hour at a time.

TAKE CARE It's important to be careful when out and about. In the autumn, fallen leaves and rain can make the ground very slippery, and in winter, ice and snow can seriously increase risk of falls.

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