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way



## NEW SEASON, NEW GROWTH

### Welcome to our Spring Newsletter

There's an unmistakable shift in the air. Winter's quiet hibernation is behind us, and nature is handing us a fresh start.

Spring isn't just a change in the weather; it's a natural invitation to hit the "reset" button on our own health and habits. Whether it's trading the heavy comfort foods of January for seasonal greens, moving our workouts back into the sunlight, or simply opening a window to let the stale air out, this season is all about **renewal**.

In this edition, we're leaning into that sense of growth. We've curated a collection of tips and insights designed to help you:

- **Eat with the Season:** Highlighting vibrant, nutrient-dense produce that's hitting the shelves right now.
- **Cultivate Mental Clarity:** Simple mindfulness practices to clear out the "mental clutter" of winter.

Take a deep breath, soak up that extra bit of Vitamin D, and let's dive into a healthier, more vibrant season together.

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](https://myhealthyway.co.uk)

### The My Healthy Way Team

my**healthy**way.co.uk



# SPRING CLEAN YOUR MIND

This Spring, let's move beyond the closet and focus on mental 'decluttering'

As the days stretch longer and the first buds of green break through the soil, we naturally feel the urge to throw open the windows and scrub away the winter dust. We ritualistically purge our closets and organise our pantries, but there is one space we often overlook in our seasonal overhaul: **our minds**.

Just like a cluttered room, a cluttered mind feels heavy, cramped, and difficult to navigate. Over the months, we accumulate "mental dust", lingering stressors, outdated habits, unfinished digital tasks, and repetitive thought patterns that no longer serve us. When our internal space is crowded, it leaves little room for creativity, joy, or even simple focus.

## Why Focus on Mental Decluttering?

Undertaking a "spring clean" for your psyche isn't just about feeling organised; it's about reclaiming your cognitive energy. When you intentionally clear out the psychological noise, you unlock a suite of transformative benefits:

**Sharpened Focus:** By silencing the "background hum" of unfinished business, you can direct your full attention to the tasks and people that truly matter.

**Reduced Anxiety:** Decluttering helps lower cortisol levels. A clear mind is a calmer mind, less prone to the "analysis paralysis" that comes from mental overstimulation.

**Restored Creativity:** Innovation requires space. When you sweep away the debris of old worries, you create the "white space" necessary for new ideas to take root.

**Better Sleep:** A cluttered mind is often loudest at 2:00 AM. Clearing your mental plate during the day leads to a more peaceful transition into rest.

### The Digital Detox

Why not try an "Unsubscribe Sunday"? Instead of the dreaded 'Doom Scroll', use the day to clear out junk emails or have a "No-Screen Hour" before bed.

### Brain Dump 101

Consider the benefits of a 5-minute morning journal session to clear out mental "tabs" that are left open.

### The Power of "No"

Focus on setting boundaries to protect your energy as the social calendar starts to fill up again.



# WHAT HAVE WE BEEN UP TO?

## International Working Group for Women & Sport



Parkwood Leisure has officially become a signatory of the [International Working Group \(IWG\) on Women & Sport's Brighton Plus Helsinki Declaration](#), highlighting our commitment to gender equity and the empowerment of women and girls in physical activity.

## Celebrating our commitment to Improving health and wellbeing in our pools

In line with our national partnership with Swim England, we remain committed to utilising our pools to help improve the health of local communities we serve. Working with Swim England we will be completing the Water Wellbeing Accreditation and upskilling our GP referral teams in the Level 3 Aquatic Activity for Health Qualification to support people with long term health conditions to be more active in the water.

## New Initiatives to support people living with Parkinson's to lead active lives

Working with the team at Parkinson's UK, we are providing activity days to promote greater accessibility across our facilities for people to get active in line with World Parkinson's Day this April.

We are planning to expand our Parkinson's activity programme following the success in Torbay.

## Inspiring the next Generation as part of England Netball's Centenary Celebrations

In celebration of International Women's Day and to mark England Netball's centenary of transforming opportunities for women and girls across the country, in partnership with Lex Leisure and England Netball, we hosted a vibrant Bee Netball festival in Bexley.

The two-day event inspired over 200 children from Bexley Primary schools, introducing them to the fun and nurturing Bee Netball programme while developing fundamental movement skills, teamwork, and a love for the sport.

This successful partnership reinforces our commitment to strengthening community connections and inspiring the next generation to be physically active.

## Working with Mencap to upskill our workforce

We are proud to have been working closely with Mencap to support and encourage people with learning disabilities to lead happier and healthier lives.

Alongside a survey being shared with local community groups, our teams across Rushcliffe completed essential training provided by Mencap to better understand the barriers to physical activity. We are working with Mencap to explore opportunities to host an Open Day in Rushcliffe later in the year.



## ACT NOW, AGE BETTER

We're proud to partner with Age UK's "Act Now, Age Better" campaign to help you make your next move toward a healthier future. We're living longer, and with the right choices, we can also live better. While we can't prevent ageing, we can all take action to help us age in the best way possible. Regular movement is one of the most powerful tools you have to feel your best now and protect your future health – a bit like paying into a physical pension plan.

Whoever you are, and whatever your lifestyle, there's an activity for you. And the benefits to your long-term health can be incredible. Whether you bolster your brain through team sports, keep your heart healthy with swimming, improve endurance through strength training, or build balance with yoga, you're making a move towards a stronger, healthier future.

It's never too late to start. Simple but sustained steps in your 50s and 60s can lead to major benefits later – and give you the boost in energy and mood now to keep up with the demands of modern life. So let's change how we age by making the move to a more active life. Because if we act now, we can age better.

Find out how you can get more active at [www.leisurecentre.com](http://www.leisurecentre.com)

### Sharper mind

- Skill-based activities like dancing and racket sports can give your brain a boost.
- Staying active in later life helps improve memory and thinking skills.
- Regular movement can cut dementia risk.

### Better mood and mental health

- Strength training helps reduce stress, anxiety, and depression.
- Being active more than once a week is linked to lower risk of depression.
- Group activities keep you moving and connected, and can fight loneliness.

### Stronger heart

- A mix of higher-intensity activity and strength training keeps your heart, blood pressure, and circulation in check.
- Regular exercise lowers cardiovascular disease risk.

### Healthier metabolism

- Staying active reduces your risk of type 2 diabetes.

### Better balance and fewer falls

- One in three people over 65, and half of those over 80, experience a fall each year.
- Regular movement reduces the risk of falling.
- Strength and balance training can lower that risk even more.

### Stronger bones through menopause

- A drop in oestrogen, which happens during menopause, can weaken bones, increasing the risk of breaks.
- Strength and weight-bearing movements (e.g. running, dancing) help improve bone density in postmenopausal women.



## SPRING NUTRITION

There's something quietly satisfying about letting the change of season guide our food choices. Seasonal eating doesn't mean rigid rules or swapping your whole diet overnight. It's really about noticing what's fresh, vibrant and abundant right now, and letting that gently shape what ends up on your plate. In the UK in March and April, this transition brings a mix of hardy greens and the first true tastes of spring, a bit of tart rhubarb and vegetables that feel like they're waking up with the longer days. There's a rhythm to this, and if you slow down enough to notice it, eating with the season feels simple and genuinely nourishing.

### Seasonal Vegetables in the UK in March and April

Purple sprouting broccoli  
Spring greens, leeks & kale  
Radishes & rocket  
Watercress & sorrel  
Spinach & chicory  
Beetroot & carrots  
New potatoes (from April)  
Asparagus (late April)

### Top tips for seasonal eating:

Think fresh and simple: how about roasting some purple sprouting broccoli with olive oil and a pinch of salt, or wilt spinach into scrambled eggs for a quick, springy breakfast?

Rhubarb isn't just dessert - try it gently stewed with a touch of honey as a topping for yoghurt or porridge.

Fueling your body is just as important as a workout. After exercise, your body needs a combination of protein, carbohydrates and fluid to support recovery, energy levels and muscle repair. This smoothie is designed to do exactly that without being complicated or overly sweet.

### Spring Fuel Smoothie (serves 1)

200ml milk or unsweetened milk alternative  
150g Greek yoghurt (or dairy-free yoghurt if preferred)  
1 small banana  
A handful of frozen berries  
A small handful of spinach (you won't taste it)  
1 tablespoon nut butter or ground seeds  
Optional: ice or water to adjust consistency  
Add everything to a blender and blend until smooth.

### The benefits

- Protein from yoghurt supports muscle repair and helps you feel full
- Carbohydrates from fruit help replenish energy
- Healthy fats support fullness & nutrient absorption
- Fluids support hydration, which is often overlooked post-workout.



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