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SPRING FORWARD: NURTURING WOMEN'S WELLBEING

Welcome to Our Spring Newsletter.

As we embrace the new season, we're excited to share our latest updates and inspiration to help you bloom into your healthiest, happiest self! Spring is a time of renewal and growth, and it offers the perfect opportunity to reset and focus on your well-being — whether it's through nourishing your body, rejuvenating your mind, or reconnecting with nature.

As always, we're here to support you on your journey to optimal health and wellness. 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

Thank you for being a part of our vibrant community. Let's welcome Spring with open arms and renewed energy!

The My Healthy Way Team

my**healthy**way.co.uk

Supporting



International Women's Day

WOMEN'S WELLBEING

We were proud to show our support for International Women's Day on March 8th and the 2025 Campaign to Accelerate Action. Accelerate Action is a worldwide call to acknowledge strategies, resources and activity that positively impact women's advancement.

Many of us find ourselves navigating a delicate balance between various facets of our lives, including career aspirations, personal growth, and health. Amidst these multifaceted responsibilities, the significance of nutrition and lifestyle choices cannot be overstated in promoting female well-being. From hormonal balance to mental resilience, the decisions we make regarding our diet, physical activity, and self-care profoundly influence our overall health.

Nutrition & Hormonal Harmony

Nutrition serves as the cornerstone for maintaining hormonal balance, a vital aspect of female health. Consuming a diverse array of whole foods rich in essential nutrients is crucial. Foods such as leafy greens, berries, oily fish, nuts, and seeds provide the body with the necessary building blocks for hormone production and regulation. Additionally, maintaining stable blood sugar levels is paramount for hormonal equilibrium. By incorporating a balanced mix of complex carbohydrates, lean proteins, and healthy fats into our diets, we can prevent fluctuations in blood sugar levels that may disrupt hormonal harmony.

Micronutrients such as magnesium, zinc, and B vitamins play pivotal roles in various physiological processes, including hormone synthesis and metabolism. Ensuring adequate intake of these nutrients through dietary sources or supplements is essential for supporting optimal hormonal function.

Here are some of the key nutrients to consider, and the foods you can find them in:

Calcium is vital for maintaining strong bones and teeth, which is especially important for women to prevent osteoporosis later in life. Additionally, calcium plays a role in muscle function, nerve transmission, and blood clotting.

Iron is essential for the production of haemoglobin. Iron deficiency can lead to anaemia, characterised by fatigue, weakness, and decreased immune function, which is more common in women due to menstruation.

Omega-3 fatty acids are essential fats that play a crucial role in brain function, heart health, and reducing inflammation. They are particularly beneficial for women's cardiovascular health and may help alleviate symptoms of conditions like menstrual pain and depression.

And there are many more! To read the full article and find examples of foods that contain these nutrients, visit:

myhealthyway.co.uk/womens-wellbeing



WHAT HAVE WE BEEN UP TO?

In addition to our support of International Women's Day, we have been actively supporting the NHS Be Body Aware and Breast Screening campaigns. We display 'Know the Signs' resources in our toilets and changing facilities to support people with the knowledge to check themselves for early signs of cancer. This month we have also partnered with Bluecrest Wellness again to offer on site health assessments to help people get an insight into what is 'going on inside'.



We are proud of the support we offer to women and girls and are committed to taking meaningful action to ensure positive progress can be made for women everywhere. Over the last year we have provided:

- Supporting Menopause through Nutrition Courses and webinars
- Free period products through 'Caught Short Kits' across a third of our Leisure facilities

- Women only swim & gym sessions
- Women's Wellbeing programmes
- Ladies Lifting Programme
- 'Engaging Women & Girls' Street Games training for staff
- Supporting Healthy Pregnancy Guides
- Bump Boost aquanatal programme across our MSK Hub sites
- Menopause Support Group
- Breastfeeding Friendly activities

We are also excited to announce that coming soon, we are working with England Rugby with a new T1 rugby programme!

Part of this new England Rugby T1 rugby programme will be to increase girls engagement in non-contact rugby from a number of our sites through 'Love Rugby' festivals and girls- only T1 weekly sessions. Watch this space for further information!



SWIMMING WITH HEALTH CONDITIONS

Swim England has relaunched a selection of its swimming with health conditions fact sheets following a review project supported by University of Nottingham.

Adjusted figures show that there are approximately 5.4 million people across the UK living with asthma and 1 million people with dementia – just two of the condition areas supported by the fact sheets.

Six of a total suite of 14 fact sheets have been reviewed covering asthma, Covid recovery, dementia, ear infection, epilepsy, and glandular fever.

Read the full article here:

www.healthclubmanagement.co.uk/health-club-management-press-releases/Swim-England-relaunches-swimming-with-health-conditions-fact-sheets/355242

Watch Swim England's [Swimming as Medicine video](#) which demonstrates how powerful being active in water can be for individuals with complex health problems and rehabilitation needs

There are 14 fact sheets available:

- [Asthma & swimming](#)
- [Diabetes & swimming](#)
- [Swimming with Parkinson's or multiple sclerosis](#)
- [How does swimming affect common skin conditions](#)
- [Swimming after a stroke](#)
- [Musculoskeletal conditions & swimming](#)
- [Swimming & Aquatic Activity before & after surgery](#)
- [Swimming during & after cancer](#)
- [Swimming following the Covid-19 pandemic](#)
- [How to manage & prevent swimmer's ear](#)
- [Swimming & glandular fever](#)
- [Swimming with epilepsy](#)
- [The facts about swimming & dementia](#)
- [How swimming improves mental health](#)

Get involved in Goodboost Aqua classes across our Musculoskeletal Hubs;

As part of a national Musculoskeletal (MSK) Hubs project, a third of our sites have transformed into community MSK Hubs.

Each MSK Hub provides Goodboost aqua classes, alongside social MSK coffee mornings to help you lead a happy, healthier lifestyle.

Good Boost provides a flexible approach to supporting you with your muscle or joint pain through:

- Gentle aqua or land based rehabilitation sessions
- 30-60 minute classes
- Delivered using a portable Good Boost tablet

Find out more about your local MSK Hub; www.myhealthyway.co.uk/musculoskeletal-msk-health-hubs/

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