

- Health

Relax and stretch your way to healthier outlook

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An East Kilbride-based fitness instructor is urging South Lanarkshire residents to make sure they get plenty of sleep.



As gyms and leisure centres across the region prepare to reopen on April 26, Sarah McMinn of Grace Health and Fitness explains how a good night's rest is vital to women's bodies.

Sarah said: "Sleep is so important.

"It can affect our energy levels, hormonal balance, mood, weight and cognitive function. As women, sleep can so easily become a stressful thing.

"Interrupted sleep starts with uncomfortable nights in pregnancy, then disrupted nights with a newborn.

"These up/down nights can continue for months and years.

"A full night's sleep becomes a cause for celebration."

Around menopause sleep disruption can become such an issue too, with early wakening, night sweats and insomnia. Again, we stress about how we will function the next day."

Whatever your reason for poor sleep, Sarah has provided some tips to try to help you get some much-needed shut eye.

- ❑ Not stressing, try to set your mind on something else, try an app like Calm.
- ❑ Have a sleep prep routine. Wash face, use some aromatherapy, read a book, switch off the lights.
- ❑ Try to get in some exercise through the day.
- ❑ Avoid caffeine or alcohol before bed. ❑ Avoid sugary or processed food before bed.
- ❑ Take rest whenever you do get the opportunity.

And Sarah is inviting South Lanarkshire residents to a 'Relaxation and Stretch' class on Sunday, April 4 at 8pm via Zoom.

Sarah added: "I want to invite you all to our lovely Relaxation and Stretch class.

"You just need to click the link on my Facebook page to join in.

“You will need a little bit of space to move in, and give it a go.

“Everyone truly is welcome.

“Make the time for yourself. Class participants report sleeping better, improved back pain, reduced anxiety and better mobility.”

For more information or to sign up with Sarah’s online classes, visit: www.facebook.com/gracehealthpilates