



SUMMER 2015 NEWSLETTER

MON 7 SEPT – MON 19 OCT
TUES 8 SEPT – TUES 20 OCT
WED 9 SEPT – WED 21 OCT

7 WEEKS = £56.00
MENS CLASS - £49.00

As this term draws to a close I just want to thank you all once again for a fabulous term of Pilates and for all your hard work. I also welcome all the newcomers and their enthusiasm. Well done also for those who have attended in the very unusually hot conditions!

Looking forward to seeing some of you in the summer holiday classes and if you would like to book a place, please text or call me. Wishing you all a lovely summer break.

PLANTAR FASCIITIS

Common Shoe Culprits: pumps, sandals, flip-flops, and trainers:

Although flat shoes such as pumps and trainers are the practical choice for active days, the lack of arch support in some footwear causes plantar fasciitis which is also known as joggers heel. Inadequate cushioning under the foot arches creates increased tension on the fascia ligament as it overloads it. So to relieve tension in the foot arch, gently bend your toes towards your body using your hand, so that you feel a stretch along your arch, and hold for 30 seconds. To improve the strength of your arch, grip a pencil or sock on the floor with your toes and hold the item for 30 seconds.

I hope you don't suffer from this as I know myself how painful it can be and most often happens around September time!

**Please make cheques payable to Pam's Pilates.
or make a payment to:**

**Intelligent Finance Sort Code: 119100 Account Number 02889122
Ref: Your surname**

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