

Taking steps to improve your health

Now that spring is officially here, we've decided to focus this issue of Active Health on the benefits of physical activity, both for physical and mental health. The lighter days provide a great opportunity to look at our lifestyle afresh and to make positive changes; whether that's walking more often, cycling instead of driving or simply planting the garden, it all counts as exercise. If you have any questions about the most suitable activity for you please feel free to speak to your student practitioner or tutor.

While adopting a more active lifestyle is beneficial for our general health, what's not so clear is the effect physical activity may have on progressive health conditions, which is why we are delighted to be supporting the University of Kent's Parkinson's Study - if you're aged 50-85 and can get involved please do.

We hope you enjoy this issue. If you'd like to suggest an item for the next newsletter then please do get in touch by completing one of our patient feedback forms or by leaving a message at reception.

With best wishes
The ESO Clinic Team

Patient Feedback

Help improve our service

Our Patient Experience Group (PEG) meets on a quarterly basis and membership is open to all. To find out more please email our Head of Clinical Education, Mrs Sarah-Jane Marshall, at clinic@eso.ac.uk.

You can also share your views by completing one of our patient feedback forms, available at reception.

Next PEG meeting

Thursday 13th June, 2pm-3pm

PARKINSON'S Study - If you're 50-85 whether healthy or with Parkinson's **WE NEED YOU!**

The ESO is working with the University of Kent School of Sport and Exercise Sciences, studying the effect of physical activity and its role in the progression of Parkinson's.

What's involved?

Questionnaires
Physical & Cognitive Assessments
Saliva & Blood samples

Where?

Medway Park, Gillingham
University of Kent, Chatham
Boxley House, Maidstone

Time involved?

Around 1 hour, every 3 months

When?

Starts May 2019

Why take part?

You'll benefit from FREE physical and psychological assessments, plus you'll be contributing to Parkinson's Research!



FIND OUT MORE

Contact Anna Ferrusola-Pastrana
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01634 888903
A.Ferrusola-Pastrana@kent.ac.uk

Sign up for email updates

www.eso.ac.uk/contact

Tel: 01622 685989 Web: www.eso.ac.uk/clinic

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Focus on - Keeping Active

We should all be physically active if we want to live a long and healthy life

Keeping you physically healthy

People who perform physical activity regularly are significantly less likely to develop a number of serious health conditions including heart disease, dementia and certain types of cancer.

Other physical health benefits include:

- Improved sleep and increased energy
- Improved ability to perform daily activities
- Better memory and concentration
- Helps you to manage your weight
- Lowers blood pressure and cholesterol
- Social benefits
- Improved flexibility, strength and stamina
- Improved balance and a reduced risk of falls
- Improved immune system

Keeping your mind healthy

Being active is great for your physical fitness, but we should all monitor and maintain our psychological wellbeing to the same extent and being active can help. There is evidence to suggest that being active can reduce your risk of developing dementia by up to 30% and it can also help improve your mood.

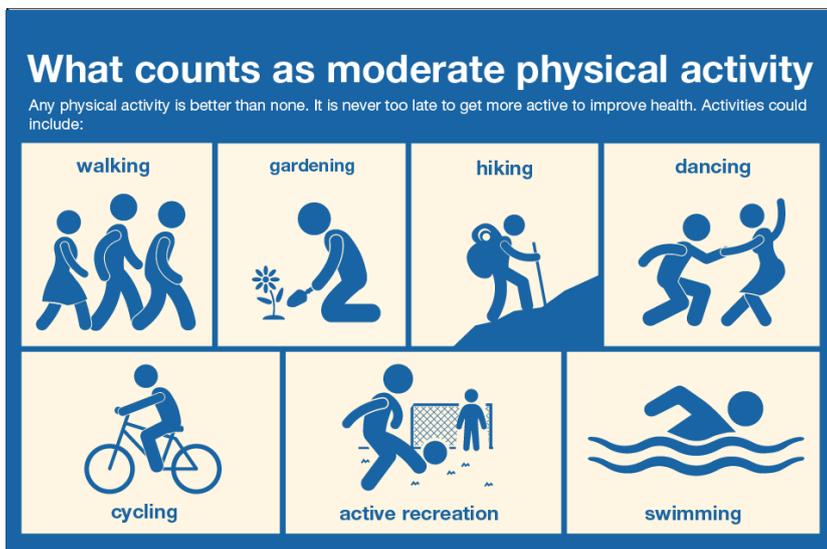
Improving your mood

We all feel down from time to time. If this happens to you, exercise can improve your mood by bringing about positive chemical changes in the brain, boosting your own self-image and giving you a sense of control. The positive impact of the social aspects of taking part in group exercise programmes should also not be underestimated. Feeling low occasionally is part of the normal trials and tribulations of modern living, but if the feelings persist for more than two weeks, you may be suffering from depression*. Physical activity has been shown to be very helpful for some people with mild to moderate depression and has been proven to reduce the symptoms by up to 30% when performing 45 to 60 minutes of exercise, three times a week.

Find an activity you enjoy

You don't need to spend hours in the gym if you don't want to. Instead find something that you enjoy that you will be able to fit into your life and sustain – for example, gardening, dancing or a walk in the park – every little helps.

*If you've been feeling down for more than two weeks, see your GP to discuss your symptoms. They can tell you about the treatments available and what might be the best option for you.



DID YOU KNOW ...?

The ESO is a registered charity. Our low treatment fees and concessions ensure osteopathic care is accessible and affordable to all.

If you'd like to support the ESO Clinic please ask at reception or visit www.eso.ac.uk/clinic/support.

Partner Services

A reminder that we offer a range of services to help support patient care:

- Therapeutic Counselling
- MSK Diagnostic Ultrasound
- MRI Referrals (KIMS)

Ask your practitioner about ESO referrals.

Sign up for email updates

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