

15/8/2016 Why are athletes wearing coloured tape?

If you've been watching the Olympics, Premier League or the Tour De France this summer, you may have noticed many of the athletes wearing brightly coloured tape on various parts of their bodies. For example you may have seen Alex Collier (Team GB weight lifter) or Clare Steels (World Champion Duathlete) sporting the tape. But what is it? Well, there are a whole host of tapes out there and Kinesio Tape is the one that sports massage therapist Zoe Myall uses. Kinesio Tex Tape was designed by Dr Kenzo Kase to provide stabilisation and support to an area of your body, whilst still allowing range of motion. It is always important to get the tape applied by a trained practitioner who has a background in anatomy and physiology. The therapist will apply the tape using different tensions to allow the muscles and ligaments to have "help" when injury occurs. Kinesio Tape can be used for rehabilitation, for alignment, for pain relief and for competition. Zoe is available for bookings for this treatment alongside sports massages. *Written by Holly Barrett*

22/8/2016 Ready, Steady, Bake!

It's that time of year again, when we put on our pinnies, explore cookery books and dust every surface with flour. The Great British Bake Off is back on our screens from Wednesday this week and we couldn't be more excited. We all love baking and creating unusual dishes; however it can be far too easy to get carried away with the eating part as well. This year we are going to hold our very own healthier version of the 'Bake Off Challenge' each week on our Facebook page. All you need to do to join in with the fun is follow the instructions and prepare one of our delicious healthier bakes. Before you eat it please add your photos to our page! *Written by Holly Barrett*

30/8/2016 Exercise for pregnancy

Why exercise when pregnant? Years ago the advice to pregnant ladies used to be to put your feet up and 'do nothing' during pregnancy. Now the view from many professionals is that, actually, exercising while pregnant has many benefits such as reducing the risk of low back pain, a reduction in labour pain; easier, shorter labours, reduced swelling and reduced maternal weight gain, among many other benefits.

There are also benefits in exercising after pregnancy in that it can help improve posture, increase stamina and energy levels and lead to quicker post-natal recovery. This is why I'm currently studying for my Level 3 Award in Designing Pre and Post-Natal Exercise Programmes, in order to be able to help you safely exercise during or after pregnancy. *Written by Zoe Myall*