



Kibworth
Osteopaths
& Pilates

August Newsletter



I'm Already In Love With August

The colours, the smells, the sound of crunchy leaves under our feet, and the return of some hearty, home-cooked, warming meals. There is still warmth in the air, but I know it won't be with us for too much longer, so getting outside as much as possible remains a high priority in Casa Coombes.

August in Leicestershire also signals back to school. You can check out my top tips for making the transition back into the school routine a little easier [here](#).

I have always found myself falling into this same rhythm at this time of year, often choosing the latter part of the year and the move into winter to embark on something new or do a little more learning. Sometimes these are big, all-

encompassing things; other times, they are much quieter.

This August, I've also found myself thinking about a few questions:

What did summer teach me this year?

Homemade ice cream is amazing is definitely one! And, perhaps more surprisingly, I've discovered that I actually quite like hearing **gentle** rain on the windows.

What one moment from summer do I want to carry into autumn like a warm pocket memory?

What is one goal I set in January that I am still excited about?

Am I on track with it? If not, why not? And how can I break it down into something manageable for the remaining months of the year?

You might also like to take a moment to think about those questions. There is something about this time of year that feels like a natural opportunity to take stock, without the pressure of January and all its resolutions. Just a chance to notice what has been good, what we've learned, and what we might still like to make space for before the year is out.

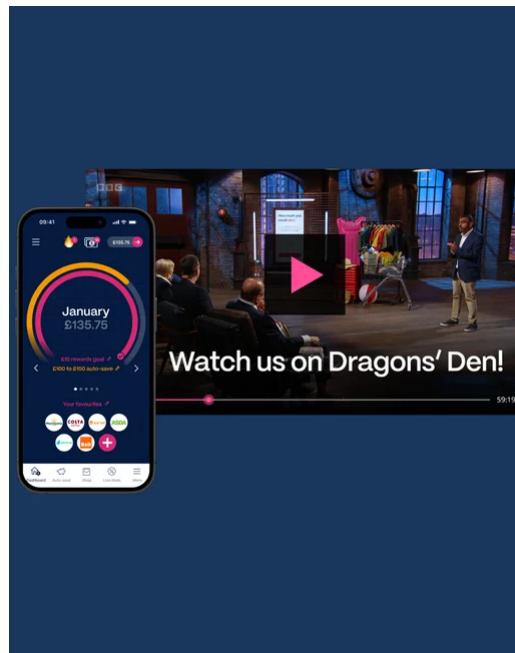
Enjoy these autumnal days,
Emily

P.S. I'd really value your thoughts. You can complete my short feedback questionnaire here: <https://forms.gle/XVFXQfiqq2CAQ2Zr5>

(Please note I am not sponsored, endorsed or affiliated by any company or product mentioned in this email).

Did You Know

Did you know that your brain sends messages at 150 miles per hour?



August Favourites

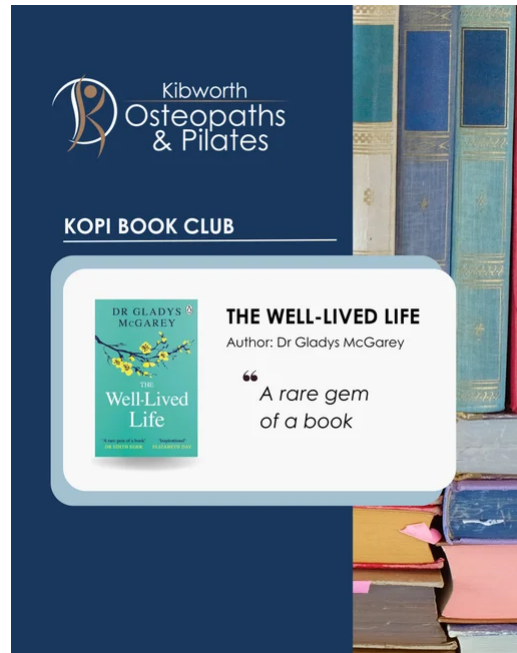
This has nothing to do with your body or mind, but it definitely has that back-to-school, get-organised vibe! A friend recommended [Sprive](#), a free app that helps

homeowners pay off their mortgage faster and save on interest. I've been using it for a few months through my usual shopping, and I love it! I'm not sponsored or affiliated. Please use the app at your own risk.



Something For You

Enjoy the last warm rays of sunshine as you start preparing your body for winter. Keep up the habit of moving and exercising, however you choose. Think ahead, too: if you usually exercise outdoors, consider indoor options or adjust your timing as the days get shorter. You'll find more seasonal tips in the [blogs](#) below and plenty more advice on my website.



Book Club

This month, I read *The Well-Lived Life* by Dr Gladys McGarey. A gentle read to lull you into Autumn, this insightful book blends memoir and medicine. Dr McGarey (aged 102 at the time of writing) shares her six secrets to health and happiness at every age. A very different style of book than my usual punchy reads, it was a welcome, needed brain break (those 150 mph neurons needed a rest over summer!) – whilst still providing lessons and wisdom.



Start Here

Looking for an effective foot and ankle strengthening exercise? [Check this out!](#) All you need is a block and your feet!

A good balance helps prevent falls and boost stability. [Check out my free balance videos on social channels!](#)

A Little Inspiration

“August is like the Sunday of Summer” – Unknown.

How can you have/incorporate Sunday morning vibes every day?



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