



## July Newsletter



## Super Sunny July!

Hello everyone,

I know that with this gorgeous sunny weather, many of you have been spending more time in the garden, out on the tennis court or enjoying a round of golf.

But are you taking a few minutes to prepare your body before you start, and helping it recover afterwards?

Osteopathy for Tennis Players

<https://kibworthosteopaths.co.uk/blog/tennis/>

Osteopathy for Golf Players

<https://kibworthosteopaths.co.uk/blog/golf/>

Although they're written with those sports in mind, the advice applies to almost any hobby or activity.

Whether you're gardening, cycling, running, swimming, or simply enjoying long walks, your body will thank you for taking the time to warm up and cool down.

To help, I've included my [KOPI Top-to-Toe Warm-Up Routine](#) and [KOPI Whole-Body Stretch videos](#).

A good warm-up prepares your muscles and joints for movement, while stretching afterwards helps your body transition into recovery.

These quick routines are a great addition to any workout and are just as valuable on quieter days, helping keep your body moving well and feeling its best.

Wishing you a happy, healthy month.  
Emily

P.S. The air conditioning in my treatment room is working a treat!

P.P.s. You will find a short feedback [questionnaire](#). It's quick, completely anonymous and incredibly helpful. Your thoughts really do shape how I continue to support you. Thank you for taking the time to complete it. It genuinely helps the practice grow.

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

### Did You Know

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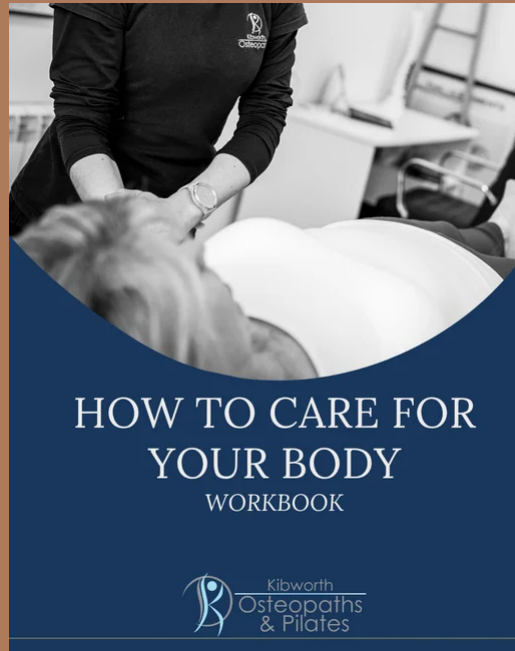
**Did you know Osteopathy was founded in 1874 by Dr Andrew Taylor Still? He focused on the body's ability to heal itself, stating that "the body is its own medicine chest".**



## July Favourites

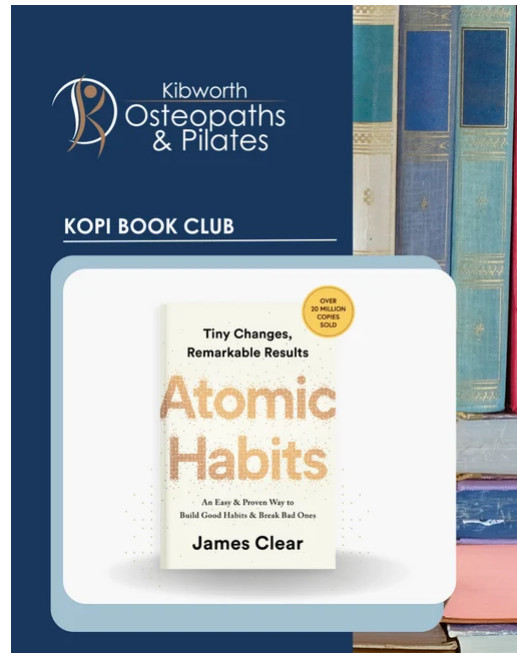
If you've been active and sweating in the heat, coconut water is a great choice. It's naturally rich in electrolytes, making it ideal for rehydrating after exercise.

I've also discovered [JAGA drinks](#), and they're becoming a favourite weekend treat. As many of you know, I don't drink alcohol, so these are a lovely alternative. Even better, they're made by a fantastic local business.



## Something For You

I was delighted to be invited to deliver a series of talks for [VASL](#) in May. The session, titled “How to Care for Your Body”, is now available to view on my website [here](#), but I was not stopping there! I am on a mission to transform how we view, care for, interact with, understand, and nourish our bodies, so I created [a free workbook you can download](#) and complete!



## Book Club

This month, I've been reading a few books again. One of these is *Atomic Habits* by James Clear, a powerful read packed with simple, practical tips for building good habits and breaking bad ones. Start small, be consistent, and gradually become the person you're aiming to be, one habit at a time. [Read my review of Atomic Habits here](#)



## Start Here

Working on your balance is vital, especially as we age. Two exercises a week are recommended for over-65s, but more is better.

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

## A Little Inspiration

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*The difference between your body this month and next month is what you do in the next 30 days.*



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