

THE FL DIGEST

Mon 17th to Sunday 23rd April

Your weekly Exercise, Nutrition and Lifestyle bulletin

Health Begins in the Gut

Poor gut health can lead to a whole host of health issues:

...Our gut affects our **mood** as it is responsible for producing 90% of our happy hormone, Serotonin.

...If our gut is not healthy it can also cause **hormone imbalance** as it produces, regulates and removes major hormones.

...Imbalances and inflammation in the gut can also lead to a number of **skin issues** such as Eczema and Acne.

...Around 75% of our **Immune System** is located there so when it becomes dysfunctional it can lead to many autoimmune diseases.

Not only does it do all of the above, a healthy gut aids **weight loss** by producing short chain fatty acids. Inflammation causes us to hold on to stubborn weight whereas a healthy gut regulates this as well as blood sugar levels.

Next week we'll show you how we can all improve our health by looking after our gut.



No disease that can be treated by diet should be treated by any other means.

Maimonides

TO-DO LIST

DO ONE PRESS UP, ONE SQUAT THRUST, THEN DOWN INTO A PLANK AND UP AGAIN. THAT'S ONE.

REPEAT WITHOUT TOUCHING YOUR KNEES TO THE FLOOR. THAT'S TWO.

WHAT NUMBER CAN YOU GET UP TO?

Group Run!

Sunday 30th April,
930am meet Holden
Arms car park,
breakfast after.

All welcome!