

Ealing Physio August Newsletter

**Ealing
Physio**



Keeping You Active



A warm welcome to our August Newsletter!

As the long, lazy days of summer begin to wind down, the children get ready to return to school, the languishing hot days begin to shorten and the nights grow darker. Things start getting busy again!

Read below about obesity which due to our sedentary lifestyle is becoming a big problem globally. Exercise is the way to combat the pounds piling on.

**Christina Carlsen
Director Ealing Physio**

**A Shocking Figure!
600 Million People are Obese Worldwide**

Physical activity is one of the most effective means of countering obesity.

According to the World Health Organisation, children under the age of 18 need one hour a day of moderate to vigorous exercise to promote and sustain health. Grown ups aged 18-64 need at least 150 minutes of moderate intensity exercise throughout the week or 75 minutes of vigorous intensity exercise during the week. Muscle strengthening exercise should also be done twice a week or more.

Team Ealing Physio can help you by designing a program tailored to your needs and your ability. Call us on 0208847 1887 for a chat or an appointment!

Team Ealing Physio

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Appointments

0208 847 1887

[email us](#)

[email Lois](#)

[email Ioannis](#)

[email Greg](#)

[email Satheesh](#)

[email Christina](#)

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Ealing Physio

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