

# Potters Trotters

LADIES RUNNING CLUB

Hello lovely pink ladies and welcome to another special Well-Being newsletter!

I hope that you are all keeping well. I do miss you all!

Hopefully this will bring a little positivity your way.

Sending love and hugs in this strange time!

Charl ☺ x



Positive Mind.  
Positive Vibes.  
Positive Life.



## Some Great Apps and Indoor Exercise ideas!

Our Facebook Page! – Thank you SO much to the lovely ladies who continue to share their wonderful indoor fitness routines!

<https://www.youtube.com/watch?v=xXHnhmDSRL8> – Joe Wicks 10 Minute Abs Challenge

<https://www.youtube.com/user/yogawithadriene> – Yoga with Adriene

Zoom app – For keeping in touch and ensuring that we can still have our socials!

Calm, Balance and Headspace – Apps to help you to relax and to help you to sleep.

WHEN YOU  
CAN'T FIND  
THE SUNSHINE,  
BE THE  
SUNSHINE!



## Some Fun Ideas for Uncertain Times...

1. **Read books and magazines** – pick up that book you've been meaning to read, or download the Kindle app onto your device and check out the huge selection of books on Amazon. There are also magazine apps where you can read digital versions of your favourite magazines.
2. **Write a short story or start writing a novel** – they say everyone has a book inside of them!
3. **The National Theatre is streaming plays on YouTube every week.** See what you think!
4. **Create an uplifting playlist on Spotify or YouTube**
5. **Meditate / Reflect** – there are videos on YouTube as well as guided meditation apps.
6. **Learn a new skill, or complete an online course!** – check out the OU website for some brilliant ideas (many are free too!) or futurelearn.com/courses
7. **Create a mood board or vision board** – grab some old magazines, a piece of cardboard (the side of a box will do!), some glue, and a pair of scissors and find inspirational images and quotes and stick them in place.
8. **Draw something** – there are lots of step-by-step guides online teaching you how to draw.
9. **Start to write a diary / journal** – whether it is a bullet journal, an art journal, or just an old fashioned diary to jot down your thoughts.
10. **Plant vegetable seeds and start a food garden**



## Some Other Great Reads for the Week:



### **Narrow Dog to Carcassonne – Terry Darlington**

'WE COULD BORE OURSELVES TO DEATH, DRINK OURSELVES TO DEATH, OR HAVE A BIT OF AN ADVENTURE...'

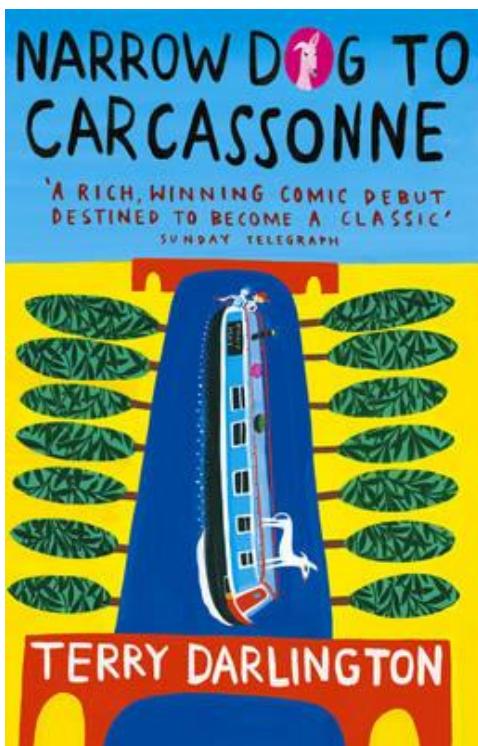
When they retired Terry and Monica Darlington decided to sail their canal narrowboat across the Channel and down to the Mediterranean, together with their whippet Jim. They took advice from experts, who said they would die, together with their whippet Jim.

On the *Phyllis May* you dive through six-foot waves in the Channel, are swept down the terrible Rhone, and fight for your life in a storm among the flamingos of the Camargue.

You meet the French nobody meets - poets, captains, historians, drunks, bargees, men with guns, scholars, madmen - they all want to know the people on the painted boat and their narrow dog.

You visit the France nobody knows - the backwaters of Flanders, the canals beneath Paris, the heavenly Yonne, the lost Burgundy Canal, the islands of the Saone, and the forbidden ways to the Mediterranean.

Aliens, trolls, vandals, gongoozlers, killer fish and the walking dead all stand between our three innocents and their goal - many-towered Carcassonne.



### **Eleanor Oliphant is Completely Fine – Gail Honeyman**

Meet Eleanor Oliphant: she struggles with appropriate social skills and tends to say exactly what she's thinking. Nothing is missing in her carefully timetabled life of avoiding unnecessary human contact, where weekends are punctuated by frozen pizza, vodka, and phone chats with Mummy.

But everything changes when Eleanor meets Raymond, the bumbling and deeply unhygienic IT guy from her office. When she and Raymond together save Sammy, an elderly gentleman who has fallen, the three rescue one another from the lives of isolation that they had been living. Ultimately, it is Raymond's big heart that will help Eleanor find the way to repair her own profoundly damaged one. If she does, she'll learn that she, too, is capable of finding friendship—and even love—after all.

### **Dear Mrs Bird – A J Pearce**

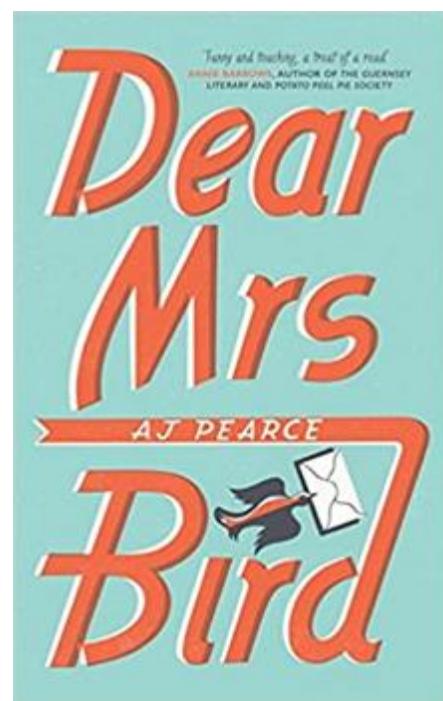
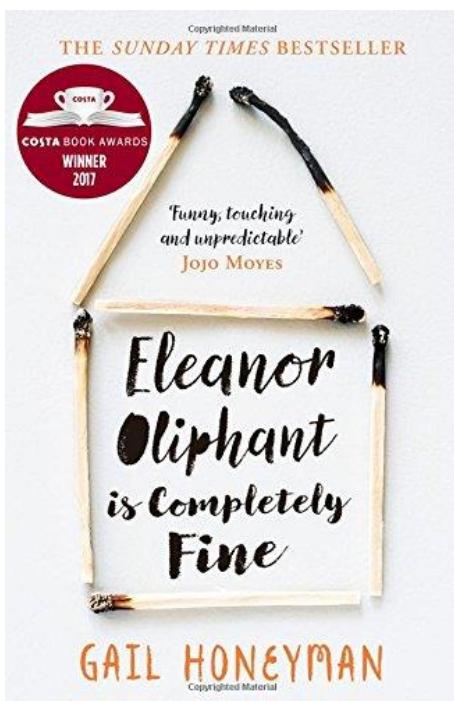
London, 1941. Emmeline Lake and her best friend Bunty are trying to stay cheerful despite the Luftwaffe making life thoroughly annoying for everyone. Emmy dreams of becoming a Lady War Correspondent and when she spots a job advertisement in the newspaper she seizes her chance – but after a rather unfortunate misunderstanding, she finds herself typing letters for the formidable Henrietta Bird, the renowned agony aunt of *Woman's Friend* magazine.

Mrs Bird is very clear: letters containing any form of Unpleasantness must go straight into the bin. But as Emmy reads the desperate pleas from women who may have Gone Too Far with the wrong man, or can't bear to let their children be evacuated, she decides the only thing for it is to secretly write back . . .

Irresistibly funny and enormously moving, *Dear Mrs Bird* by AJ Pearce is a love letter to the enduring power of friendship, the kindness of strangers and the courage of ordinary people in extraordinary times.

**'A marvellous treat. Charming and delightful' Nina Stibbe**

**'A joy from start to finish. *Dear Mrs Bird* is as funny as it is heart-warming' John Boyne**



**I have included a link to some really quick and easy (my kind of cooking!) recipes for runners. An example also included from the site of the 'Kitchen Sink Pizza':**

<https://www.runnersworld.com/nutrition-weight-loss/a20851709/14-delicious-meals-in-less-than-30-minutes-0/>



MATT KAINEN



#### Ingredients

- 4 whole wheat naan flatbreads
- ½ cup marinara sauce
- 4 teaspoons pesto
- 1 cup shredded whole-milk mozzarella cheese (4 ounces)
- 1 yellow bell pepper, chopped
- 1 cup cherry tomatoes, halved
- ¼ red onion, sliced
- ½ cup sliced mushrooms, such as cremini (about 2 ounces)
- 1 grilled chicken breast, diced
- 2 tablespoons grated Parmesan cheese
- 8 large fresh basil leaves, cut into thin ribbons

#### Instructions

Preheat the oven to 400 degrees.

Arrange the naans on 2 baking sheets. Spread a thin layer of marinara across the breads. Top each with a teaspoon of the pesto and swirl into the sauce. Sprinkle the naans with the mozzarella. Top with the bell pepper, tomatoes, onion, and mushrooms. Add the chicken and finish with a sprinkle of Parmesan.

Bake the naan pizzas for 12 minutes, or until the breads brown, the vegetables are softened, and the cheese melts.

Serve the naan pizzas garnished with the basil. Serves 4.

## Examples of Some Stretch Ideas

### Before Exercise

#### **'Dynamic' Hip Stretch**

Stand strong with good pelvic alignment and your head up.



Swing one leg across the body to end of range and then back across to the other side. The movement is controlled with no forced effort. Be careful not to rotate pelvis.

Do this for 20 seconds and repeat on the other side.

#### **'Dynamic' Glute Stretch**

Lie on your back, bend your knees with your feet flat on the floor, hip width apart.

Keeping your thighs parallel, straighten your left leg so that your toes point up,

Squeeze your glutes to lift your hips evenly off the floor, hold for one count and lower.

Do this 8 times, then repeat on the other side.

### After Exercise

#### **'Static' Stretches**

After exercising and movement do some 'static' stretches. Try to do them straight afterwards when your muscles are warm and supple. This will improve your flexibility and will also prevent injury.

Examples include a static calf stretch, static quad stretch and hip stretch.

## Keeping Fit Wordsearch

**Hidden below are 15 examples of different exercises. Can you find them all? I have been a little mean and not give you the list this time!**

S	S	K	N	A	L	P	X	A	N	G	W	Q	R	S
S	T	E	S	F	Y	G	K	B	A	N	V	D	W	Q
K	I	R	T	L	M	D	Z	M	E	I	U	L	I	U
L	P	T	E	A	R	T	R	U	R	K	D	R	B	A
B	B	R	U	T	L	U	Y	Z	O	L	B	O	G	T
D	C	M	W	P	C	I	C	W	B	A	D	O	Q	S
U	Z	J	R	X	S	H	P	L	I	W	Y	Z	K	S
A	O	O	L	I	R	I	I	E	C	N	H	I	E	J
S	P	U	S	S	E	R	P	N	S	C	P	I	U	H
W	E	I	G	H	T	S	C	S	G	P	P	M	O	Z
U	Q	B	S	F	X	X	W	F	I	R	P	Y	A	T
W	D	E	R	K	T	U	J	N	U	S	U	T	V	N
V	I	D	U	R	A	O	G	B	Y	D	C	E	D	U
T	Q	Q	U	F	Y	T	L	O	L	X	N	B	W	Z
J	R	A	B	T	S	H	H	K	C	P	A	H	K	V

*it always  
seems  
**impossible**  
until it  
is done.*

- NELSON MANDELA

## Another Little Poem to Keep us All Going ...

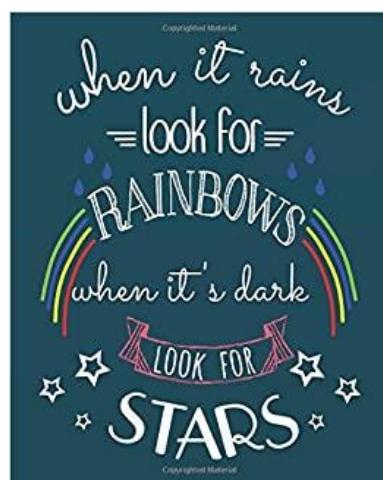
### Find the Magic

Find the magic in the sunrises  
And the sunsets of each day.  
Of the pitter patter of rain on the window.  
Within the sky - whether blue or grey.

Be thankful for the magic of reading,  
Books that make us laugh or cry.  
For the chance to take up new hobbies,  
New things that we can try.

Be thankful for our friends and families,  
The laughter, memories and delight.  
For the conversations and laughter,  
The loved ones we'll soon hug SO tight!

For now, find the magic in the silence,  
A prayer or a pause.  
Appreciate the space you have,  
The home that you can call yours!



**Thank you to everyone who took part in the Potters  
Trotters Zoom on Tuesday 7<sup>th</sup> April! It was lovely to see you!**





IF YOU HAVE  
GOOD THOUGHTS  
THEY WILL SHINE  
OUT OF YOUR FACE  
LIKE SUNBEAMS  
AND YOU WILL ALWAYS  
LOOK LOVELY

· ROALD DAHL