

## PERSONAL TRAINING

Personal Training is a unique and energised experience. All of our highly trained professionals hold a degree in Sport & Exercise Science as well as qualifications in Personal Training with vast practical experience.

Our trainers will help you achieve results far quicker as their attention and focus will be on you.

Continuous feedback will be provided both during and after each workout. Your trainer will have a high knowledge of exercise and biomechanics to provide you with specific and varied exercises. Correct technique will be ensured thereby not only optimising your workout but also decreasing the likelihood of injury.

Our professionals will consider you as a whole, looking at nutrition and lifestyles in a positive way to bring about beneficial changes in your health and well being.

The Apex professionals provide expert knowledge and will monitor and evaluate your progress to help you become self – motivated and confident.

### **Personal training can help you to:**

- Lose weight & reduce fat; improve cardiovascular fitness; increase flexibility & mobility; tone, sculpt & increase muscle, sport specific training, proprioception & agility training, nutritional advice, Rehabilitation

## MASSAGE

Massage is one of the earliest forms of physical therapy. There are many benefits of massage, a few of which include:

- Prevents muscle and tendon injuries
- Reduces the strain and discomfort of training and chronic strain patterns, allowing a quicker return to training
- Enables you to recover more quickly from myofascial injury with less chance of chronic problems returning.
- Enhances a preventative approach to athletic training, whereby soft tissues are free of trigger points and adhesions, thus contributing toward the improvement of peak neuromuscular functioning

The Kew Riverside Leisure Centre team can provide sports massage either as a home visit or as part of a training or rehab session. Whether you are suffering from muscle soreness, a nagging muscular pain, are preparing for an event and wish to avoid muscle soreness developing or to prepare you for optimal performance, we can provide the necessary sports massage treatment.

Massage can be pre-event, post event, or as a fundamental part of the training regime, to keep the body at its physical peak at all times.

## SPORTS REHABILITATION

Sports Injury Rehabilitation sessions include functional testing and treatment of both acute and chronic injuries. Investigations into the cause of such injuries are key in aiding and preventing further injury. Treatments include a combination of corrective exercise regimes, massage, **hydrotherapy**, postural re-education, Pilates based exercises and ultrasound / interferential modalities, depending on the individual's needs.

## SWIMMING

Here at Kew Riverside we offer one to one swimming lessons for all ages and abilities.

Lessons range from teaching those who have little or no experience, to refining techniques of experienced swimmers. Whether it be training to improve technique, speed and endurance for events such as a triathlon, or merely teaching the basic stroke patterns to allow an easier time in the water, we have the facilities and staff to fulfil requirements.

A one to one session allows the client a more personalized lesson, progressions are made at a much faster rate as the teacher can instruct closely to the client's needs. Weaker areas can be given further attention, and stronger ones progressed more rapidly, with no-one getting left behind, or under-challenged as is often the case with larger groups. Water confidence and skills are also greatly improved with the assistance of a one to one instructor, who enters the pool alongside the student.