

APEX

NEWS

December 2009

Apex challenge

Congratulations to all of those that recorded a score for last month's Apex Challenge.

The most reps achieved in the Challenge was recorded by Jag with a total score of 440 - congratulations. Please can Jag, Will Beresford, Athea and Martha please make themselves known to reception to claim their free PT or massage session. Well done guys!

Want to enjoy your Christmas dinner without worrying about those extra calories? Why not take up our challenge to burn off those extra calories before the big day arrives? Then you can sit back, relax and eat to your hearts' content!

It is free to take part in the Challenge. To enter, simply record how many calories you burn off during each of your workouts then add them up at the end of the month. The one with the highest number of calories burnt, wins!

See gym desk for further details of the challenge. If you are unsure about the challenge please ask Health Club staff.

Remember to drink plenty of water, warm up and cool down. Record your calorie count on the sheet upstairs on the gym desk.

Get a head start on those New Years Resolutions – **START NOW!**

Apex Christmas Opening Hours

Over the Christmas period, the following times will apply.

Thursday 24 th	6am-2pm
Friday 25 th	Closed
Saturday 26 th	Closed
Sunday 27 th	8am-8pm
Monday 28 th	8am-8pm
Tuesday 29 th	6am-10pm
Wednesday 30 th	6am-10pm
Thursday 31 st	6am-2pm
Friday 1 st Jan	Closed

Class timetable:

Yoga - There will be no classes from 17th December until Monday 6th January 2010. However, there may be a class held on 23rd December so please call Tony on 07787174593 to arrange.

Last Pilates class in 2009 will be held on Monday 21st December and will restart on Monday 4th January 2010.

All other classes finish on Friday 18th December and resume on 4th January 2010.

Special Offer!

10% Off all gift vouchers*

Redeemable against Personal Training, Massages, Sports Rehabilitation, Yoga, Pilates

*Offer ends December 31st 2009

Gift Vouchers for Christmas

Stuck for Christmas present ideas? Then look no further. The Apex Leisure Centre offers gift vouchers for a variety of services.

Buy a friend or loved one a course of massages, a course of Personal Training sessions or even a Yoga or Pilates course. For more information, or to purchase a voucher, please come to the Leisure Centre Reception Desk or call 020 8392 9404.

SPECIAL OFFER - 10% OFF ALL GIFT VOUCHERS!

Book an appointment for personal training, massage, injury rehabilitation, swimming lessons and much more.

Call us on 020 8392 9404

**Open weekdays 6am - 10pm
Open weekends 8am - 8pm**



motive8

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Aga's Tip - Exercises for the prevention of osteoporosis

Osteoporosis is a disease associated with the loss of bone mass and sadly is symptom-free until that fateful moment when a sudden stumble or some other accident could result in a fracture.

The most critical time for strengthening the skeleton is from childhood to about the age of 20, when some 90% of bone mass is achieved. One of the most important factors in this "bone building" is physical exercise.

Even if you were a couch potato as a teenager, you can reduce your chances of developing osteoporosis by incorporating a sensible amount of exercise into your life right now. Though your skeleton may not be loading on new bone mass these days, physical activity will help you maintain the bone mass you currently have. And, of course, regular exercise helps you stay fit, improves coordination, balance and reaction time – something that's important if you want to avoid the sudden stumbles that can lead to a skeletal fracture.

For osteoporosis prevention you could try weight-bearing activities like jogging, walking, aerobics, stair-climbing and dancing. Supervised weight training is also very helpful, as lean muscle mass, which increases with regular weight training, is associated with an increase in bone mineral content. Experts say that, whatever you choose, to see the beneficial effects of weight-bearing exercise your exercise programme should be kept up for at least six to nine months.

If you already suffer from osteoporosis, check with your doctor before starting an exercise programme.

Dawn's Tip - Christmas Pounds

From Christmas dinners to New Year celebrations, winter is one of the hardest times to keep slim and in shape, with many people putting on weight over Christmas and then struggling to lose it again.

The amount we eat during the holiday season is not the entire problem either – we all become so much more lethargic. With afternoons spent eating, drinking and watching television, it is no surprise that by the New Year everyone is planning to get fit and lose weight as part of a New Year resolution.

Only regular and consistent exercise combined with a calorie restricted diet will get you the holiday weight loss results you are seeking. If you do not think that you have the time to exercise, then here are some tips to get you more active:

- **Take a walk outside** - If you don't have time to go to the gym, go for a walk. A 75 kg woman walking for 30 minutes will burn approximately 187 calories.
- **Failing to plan is planning to fail** - Right now, before you get 'too busy', make a plan to get into the gym. Thinking you'll 'get around to it' just doesn't happen when there are gifts to buy, foods to prepare and family to visit. Make a plan, write it down and stick to it.
- **Do not fall into the 'all or nothing' trap** - If you have missed a few visits to the gym already this week, do not give up until New Year! Instead, get in there and exercise now – even if it is just once. Some exercise is always better than none at all.
- **Do 10 minutes of exercise** - When you are really short on motivation or time, try to get at least 10 minutes of exercise. Chances are, once you get started you will finish up with the recommended thirty minutes. Even if you do quit after ten minutes, it's better than nothing!
- **Find a workout buddy** - Pick a friend or family member that also wants to lose weight and together make a commitment to exercise regularly.
- **Apex Challenge** - Have a go at burning off as many calories as possible in our challenge this month - you may win a Personal Training session to help motivate you well into the next year.

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