

Apex News

April 2009

Never been to the gym?

If you have never been to a gym, why not make the Apex Leisure Centre your first?

A full induction (compulsory for all residents) and training programme (if requested) will be arranged with one of our degree or industry equivalent qualified instructors absolutely free of charge. It is an ideal way to start going to the gym and for those who are less confident.

The induction will take you through how to use all the gym equipment - from correct technique to how many repetitions you should be doing. A programme can be designed for you to follow, enabling you to become healthier and increase your fitness safely.

Come in and book an induction today.

Children at the Apex

Please ensure that children are supervised at all times whilst at the Apex. Children are not permitted in the gym area. Children under 14 must be accompanied by an adult who is a competent swimmer when using the pool area.

Thank you.

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**

Special Offer!

Course of 5 1hr massage sessions £180*
Course of 5 ½hr massage sessions £100*

*Only when course booked during April 2009

Swim Way - Summer term

Swim Way is offering free trial swimming lessons for Adults & Children on Tuesdays from 3pm to 8pm during the summer, commencing April 21st.

Please give Swim Way a call to discuss their swimming programme and class availability.

Important dates to remember for the summer term are:

31/03 – Last swimming session **SPRING** term

21/04 – First session – all students **SUMMER**

26/05 – Half-term break (no swimming)

14/07 – Last swimming session - all students

If you have any other enquiries regarding swimming lessons at Kew Riverside, please call Swim Way directly on 02088705091 or send an email to danpastor@swimway.co.uk.

Apex challenge

For April, we will be extending last month's Army Physical Fitness Test (APFT) challenge, which includes push ups, sit-ups and a 2 mile run.

To enter, all you have to do is complete the challenge and record your age and time so that we can calculate your score.

Don't forget that by entering a time, you will automatically be placed into a draw to win a free 30 minute massage or personal training session at the Apex.

It really is a great way to compare your fitness levels against that of friends!

Good luck!

Cancellations

If you have to cancel an appointment, please ensure that you give at least 24hrs notice.

Failure to do so will result in a 50% cancellation fee of the original booking price.

Thank you.



motive8

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Dawn's tips - the benefits of stretching

Everyone can learn how to stretch regardless of age, flexibility and exercise ability. Stretching should be a part of your daily routine, whether you exercise or not, and can be easily done at home or in the gym.

One of the most obvious benefits of stretching is that it enables you to increase your range of motion, which means that your limbs and joints can move further before an injury occurs. Post-exercise stretching can also aid in workout recovery, decrease muscle soreness and ensure that your muscles and tendons are in good working order.

The more conditioned your muscles and tendons are, the better they can handle the rigors of sport, exercise and daily life.

In order to get the most out of your stretching routine you should customise it to fit your needs. To do this you should stretch each muscle until you feel a slight pulling, but no pain. As you hold the stretch, up to 30 seconds, the muscle will relax. As you feel less tension you can increase the stretch again until you feel the same slight pull. Hold this position until you feel no further pull, then release.

In addition to improving range of motion, stretching is extremely relaxing and most athletes use stretching exercises to maintain a balance in body mechanics. But often the most overlooked benefit of stretching is that it feels good, relaxes you and is a good stress reliever!!!

Mat's Exercise Tip – exercise and training workshop

Before you start your workout, you need to prepare your body. Dive straight in and you'll risk injury as well as being able to make fewer demands of your body. But be careful, stretch before you're warm and you can do even more damage so its vital to get blood pumping through the muscles you want to work.

Start with 3 minutes on the treadmill, rower or cross trainer, working at 50-60% of your maximum effort level. You should finish slightly out of breath, but nothing more than that. Then do these dynamic stretches.

Walking Lunge with Twist – 10 each leg.

Stand with your hands clasped against your chest. Step forward with your right foot into a lunge and twist your head and shoulders to the right. Reverse the movement to push back to the starting position, then lunge with your left foot and twist to the left.

Upper Body Trunk Rotation – 10 reps each position.

With your feet shoulder-distance apart, stand with your back straight and knees slightly bent. Start swinging your arms across your body at waist height - you should feel this mostly in your lower back. Move your arms higher to around shoulder level to feel a stretch through your middle back. Now raise your arms to above head height to feel the stretch in your upper back.

Squat to Calf Raise – 10 reps

Stand with your feet shoulder-width apart. Lower your body until your thighs are parallel to the floor, then push back up and rise onto the balls of your feet at the top of the move.

Seven easy ways to eat your way to a healthier lifestyle

1/ Eat regular meals every day – breakfast, lunch and dinner and a snack or two. Vital for energy, wellbeing and performing good exercise.

2/ Drink water or herb teas during the day, amounting to at least two litres a day. Hydration is key to energy and good mental concentration. Dehydration is the first thing that upsets your ability to exercise well.

3/ Eat small meals rather than large. Large meals cause fatigue because digestion requires much energy, and the more you eat the more energy is diverted to that process and away from your muscles and brain.

4/ Eat fresh vegetables at lunch and dinner. They're vital for vitamins, minerals, fibre and health-promoting phytonutrients.

5/ Vary your sources of wholegrains from wholewheat bread & pasta to include more brown rice, quinoa and buckwheat. Your body needs a wide variety of nutrients, not from just one food source.

6/ Eat a protein food at each meal for sustained energy and recovery from exercise.

7/ Have no more than one cup of coffee a day, and have this in the morning time. Stimulants in excess typically lead to fatigue and can stress your body unnecessarily.

www.thenutritioncoach.co.uk

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