

# APEX NEWS

February

2009

## Apex Beauty coming to an end

Unfortunately beauty at the Apex will be ending at the end of February due to lack of demand and won't be starting for the foreseeable future. Kat will be leaving the Apex, but hopes to remain local. If you want to keep in contact with Kat please pop in and we can give her your details. We can also recommend some local beauty salons. We would like to thank Kat for her hard work over the past year and wish her the very best for the future.

**We are also having a clearance sale on beauty products. This month there is 35% off most beauty products.**

## Apex Challenge

Only a few people have tried the challenge this month. Give it a go! The challenge is a great way to burn lots of calories and increase your cardio fitness. Row 1km, cycle 3km and run 3km. Simply record your total time for each and you can win a massage or PT session. Details of the challenge are on the desk upstairs in the gym. If you are unsure on instructions or technique please don't hesitate to ask a member of Apex staff.

## Guests

Guest are more than welcome at the Apex, but please ensure that all guests sign the guest book at reception and you remain with them at all times as they are your responsibility whilst using the facility. If you have guest staying with you for long periods of time they will need an induction. Please ring 020 8392 9404 to book. Thank you

## Exercise Workshop

Wednesday 25<sup>th</sup> February  
10am -11am and 7.30pm-8.30pm

Mat, one of our personal trainers, will be running a free 1 hour workshop on exercise and training. This is a perfect opportunity to receive some expert information on how to improve your health and fitness and some general exercise do's and don'ts. We have run these workshops in the past with a small response so it would be great to get as many residents involved as possible. See you there!

## Have a relaxing weekend at the Apex

Use the weekend to un-wind at the Apex. Book yourself in for a relaxation massage over the weekend to release stress that has built up during the week. After the massage use the Jacuzzi and pool to relax even further.

Alternatively book a deep tissue massage to release tight muscle around the body.

### Special Offer

Book a Massage on a Sunday with our new masseuse, Hanna, and only pay £35 for 1hour\*!

Hanna is available 2pm-8pm every Sunday. Call 020 8392 8404 to book

\*Only available in February

## SPECIAL OFFER

### Beauty Clearance Sale

### 35% off beauty products

\*Available whilst stock last



**motive8**

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# Apex Leisure Centre

## Lifestyle Tips

### Exercise Tip – Exercise and Training Workshop

On Wednesday 25<sup>th</sup> February at 10.00am and 7.30pm the Apex Leisure Centre will be hosting a FREE workshop for all Kew Riverside Residents on exercise and training.

In the one hour session, Mat one of the Motive8 Personal Trainers based at the Apex, will be shedding light on a wide range of exercise do's and don'ts to help you exercise more effectively and help you towards a better shape with improved fitness and health.

All you will need to bring is yourself in some comfortable clothing so you are able to try a couple of exercises (it's not going to be a workout, just learning by doing!) and a pen and paper if you want to make any notes.

Don't miss your chance to come along and pick the brain of a degree qualified personal trainer.

### Aga's tips – GI diet

The GI diet was first suggested a quarter of a century ago as a way for diabetics to control their insulin levels, and has been popular in Australia for almost a decade.

The GI diet is based on the Glycaemic Index, is that foods with a low GI value slowly releases sugar in the blood, providing you with a steady supply of energy, leaving you feeling satisfied longer so that you are less likely to snack. In contrast, food with a high GI level causes a rapid and short term rise in blood sugar. This leaves you lacking in energy and feeling hungry within a short time. If this pattern is frequently repeated, you are likely to gain weight as a result of constantly overeating. Diets based on GI index simply encourage you to eat plenty of foods with a low G value and avoid those with a high GI value. This helps to prevent swings in blood sugar, helping you feel fuller for longer.

The GI diet is quick and easy to follow; you don't have to starve yourself. All you need to do is swap foods with a high GI for foods with a low GI.

For instance:

- White bread can be replaced with wholemeal or wholegrain bread
- White rice can be replaced with basmati, wild or brown rice.
- Full-fat ice cream with low-fat ice cream.
- Dried fruit with fresh fruit
- Minced beef (regular) with a lean or extra lean equivalent.

There are many publications about the GI diet, on-line or on paper and the food is usually listed in tables according to GI level. If you need any help with your diet, please contact one of our instructors and we can make some healthy suggestions.

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

**Call us on 020 8392 9404**

**Open weekdays 6am - 10pm  
Open week ends 8am - 8pm**

**SPECIAL OFFER**  
**Beauty Clearance Sale**  
**35% off beauty products**

\*Available whilst stock last