

Achieving Your Goals?

Do you find that your life is dominated by the stresses of work?
Are you as alert as you should be?
Are you happy with your body shape?
Do you possess adequate strength to carry out daily tasks?
Are you able to get out of bed easily in the morning?
How motivated are you to achieve your goals in life?
Most of the above questions will 'hit home' with most people.
The main question is what are you going to do about it?

Start Achieving Your Goals

January Special Offer

Book 20 one hour Personal Training sessions for just £600 (£30 per 1 hour session) saving over £140*!
Come in for a free Consultation

Apex Challenge

Congratulations to all those that took part in the Apex Challenge. Some really good performances. Could Carrie Gillespie, Martha Peaker and Glenn Philips please make themselves known to staff in order to receive a free massage or personal training session. Look out for this months challenge upstairs on the gym desk.

Hanna Pietroszek

We would like to welcome a new member of staff – Hanna. Hanna is fully qualified and experienced in Swedish, sport, relaxation and Aromatherapy massage. Hanna is available for appointments through-out the week at most times and works at the Apex on Sundays. To book an appointment please either call her direct on 07960237854 or at The Apex 020 8392 9404.

Apex Classes – Try it out in 2009

Pilates – Perfect for improvements in core stability and is widely used for rehabilitation and prevention of back pain.

Yoga – Iyengar Yoga concentrates on improving skeletal alignment, building strength and flexibility throughout the body.

Ski Fit – Leg strength and dynamic balance exercises, ideal for improving skiing technique and endurance.

Cycle Fitness – Featuring specially designed spin bikes with the main focus on aerobic fitness and calorie burning.

Kids Class – Children aged between 5-8 play games and do a variety of exercises designed to enhance co-ordination and well-being in a safe and supervised fun session.

Pilates runs Mondays 6.30pm – 7.30pm (beginner) 7.45pm – 8.45pm (intermediate) and Tuesdays 12.00pm – 1.00pm (beginner)

Yoga runs Tuesdays 7.00pm – 8.30pm (General/Intermediate), Wednesdays 7.00pm – 8.30pm (beginner) and Thursdays 9.30am – 11.00am (General/Intermediate).

Ski Fit runs Wednesdays 8.30pm – 9.30pm

Cycle Fitness runs Thursdays 8.00pm – 9.00pm

Kids Class runs Mondays 4.00pm – 5.00pm

Please ask staff for any further information

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motive8

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Apex Leisure Centre

Lifestyle Tips

Exercise Tip – Ready, Steady, PLAN, GO

The New Year has finally arrived and probably with it comes a few resolutions to try to keep, if yours is about your health, fitness or looks then remember the 5 P's before you get started: Proper Planning Prevents Poor Performance!!! Whatever your reason for exercising may be, a few minutes spent coming up with a plan will help you stick with your new regime.

First of all set a realistic goal for yourself that you can measure for example getting to the Apex gym once a week or dropping two dress sizes by June. Next you need to plan how you can achieve it, in the case of the two examples already used you could commit to going to the gym before/after work on a particular day of the week or to undertake the Apex challenge twice each month to help drop the dress sizes.

Pop into the Apex this January to organise a session with one of our personal trainers so we can get you a FREE gym programme to help you achieve your goals!

HAPPY NEW YEAR FROM ALL AT THE APEX

Aga's tips

How to keep your New Year's Resolution to exercise more?

Many people make New Year's resolutions to get more exercise but most quit after only a few workouts. However, if you can keep at it long enough to develop a habit, you are much more likely to continue exercises that can help you lose weight, feel better and live longer.

According to some resources, it takes about three weeks to develop a habit.

Motivate yourself. Specific goals or a favourite music CD can be great motivation tools to help you stay on track. Set smaller, intermediate goals to provide rewards along the way. If you stay motivated, chances are you will not only reach your goals, but exceed them.

Make it fun. If you do something you enjoy, you will be more likely to stick with it. If you are a people person, exercise with a friend or in a group setting. Develop a back-up plan. There will be always days when it is inconvenient or impossible to do your preferred exercise. A back-up plan for exercise can ensure that you get some exercise and offer an alternative to prevent your normal routine from becoming so monotonous that you stop exercising.

If you cannot get to your normal workout for some reason, you should look for an alternative activity, such as climbing the stairs instead of taking the lift or walking to a shop instead of taking the car to ensure that you get a little exercise.

Katherine's Skin Care Tips

Facial Exercises to Delay the Signs of Ageing.

There are 44 muscles in the face and toning these muscles gives the face a brighter appearance, a natural lift, smoother skin and results in a younger look. With only 5-10 minutes of daily face exercises you should see results and that sagging face should slowly disappear!

Exercises

Forehead-To firm up your forehead place your index fingers just above your eyes and pull down while trying to raise your eyebrows - repeat 10 times

Lips- Suck on your finger as hard as possible and then slowly remove it - repeat 10 times

Neck - Looking straight ahead place the index finger and thumb on your neck and gently pull the skin down as you lift your head - repeat 10 times

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