

Apex News

July 2009

Apex Security

Please can all residents ensure you use your own key fob to enter the Apex Centre. We have had a few occasions where security photos have not matched the person that has entered.

If this continues to be the case, residents will find they will be questioned to prevent abuse of the Centre.

All guests **MUST** be signed in at reception and remain with a resident through their use of the Apex.

Thank you for your co-operation.

Alex is Back

We are delighted to have Alex back with us at the Apex having taken time out to have her baby daughter.

Alex will be working at the Apex on Wednesdays between 11am-5pm, when she will be available for personal training, massage, aromatherapy, swimming lessons and sports rehabilitation.

To book an appointment with Alex, or any of our other trainers, please call The Apex on 020 8392 9404.

Swim Way - Autumn term

We are pleased to offer yet another term of swimming lessons brought to you by Swim Way.

Important Swim Way dates:

22/06 to 05/07 - Priority booking for current students
14/07 - Last lesson of **SUMMER TERM**
08/09 - First lesson of **AUTUMN TERM**
27/10 - Half-Term Break (No Swimming)
15/12 - Last swimming Lesson

Any enquiries, please call Swim Way direct on 020 8870 5091 or email danpastor@swimway.co.uk

Apex challenge

Congratulations to those of you who managed to complete the tough Cycle Pyramid Workout Challenge.

A special well done to Antony Coe (fastest male – with a distance of 14.04KM) and also to Anne Brisbin (fastest female – with a distance of 12.92KM). The longest distance achieved in the challenge was recorded by a new member of Motive8 staff, Jonathan, who managed a distance of 18.09KM – good work!!!!

Please can Denice Navas, Anne Brisbin, Verena Hoeltl, Antony Cole and Carrie Gillespie make themselves known to Apex staff in order to claim their free massage/PT session.

The challenge set for July is a bit of a fitness classic – the Triathlon! Complete a 1000m row, 3km Cycle and finish with a 1.5km run.

Add up and record your total time to see if you are the quickest. If you are unsure about the challenge, please ask Health Club staff.

Watch out for staff times and see if you can beat them! Good luck!

Special Offer!

Buddy Training

£45 per session or £400 for 10 sessions

*Only available for the month of July 2009

Buddy Training

Training with a friend can be extremely rewarding and can increase the intensity of the training session for both participants and the trainer! It provides great exercise and great fun with a competitive edge.

During July, there are discounts available for Buddy Training – please see above.



motive8

// T 020 8392 9404 E info@m8group.net

Cardiac Rehab by Aga

No one plans to have a heart attack but if you're over the age of 50, or have a family history of cardiovascular disease, you may be at high risk for coronary heart disease – the number one killer in developed countries and a growing global problem.

Each year approximately 12 million people die of cardiovascular disease around the world. There are a number of factors that contribute to the onset of heart disease, ranging from obesity and high blood pressure to bad dietary choices and smoking. Yet one of the most important risk factors is a sedentary, “couch potato” lifestyle.

Over the past decade, scientific studies have proven that regular exercise has the ability to delay the onset of cardiovascular conditions, such as heart disease and stroke, or prevent them altogether.

People with coronary heart disease have inadequate blood supply to the heart muscle, usually caused by a narrowing or blockage of the coronary arteries. A number of factors contribute to this blockage. One major factor is our Western diet, in which an over-supply of fat – particularly saturated fat – raises cholesterol levels. When too much cholesterol collects in the blood, it is deposited in the lining of the arteries that lead to the heart, something that can lead to a heart attack and when it happens in the brain – a stroke.

Exercise, as part of a comprehensive rehabilitation programme, can reduce cardiac symptoms, stabilize or even reverse clogging of the arteries and reduce the risk of future cardiac events.

Among its other effects, exercise:

- Lowers total cholesterol and raises HDL-cholesterol
- Lowers blood pressure
- Reduces incidence of irregular heartbeat (arrhythmias)
- Improves insulin function (a factor in diabetes)
- Contributes to weight management
- Improves mood

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**

Mat's Exercise Tip Jumping for Joy!

Some of the best and most effective exercises are the ones that require the least amount of equipment; they can be done anywhere, anytime and you don't have to spend ages setting things up!

Jumps are one of the most comprehensive exercises there are. Jumping is great for stimulating all the muscles of the leg, hip, back and abdomen. It is a high intensity whole body exercise and as such is also great for CV benefits.

There are loads of different types of jump to choose from but as a starter why not try doing 5 sets of 10 Rocket Jumps.

Starting in a standing position, bend at the knees and hips so you can reach down and touch the floor with your hands then jump up as high as you can throwing your hands up so you clap above your head at the highest point of the jump. Have 30 seconds rest between sets or intersperse a set of 10 jumps every 5 minutes during your CV workout.

Alex's Pre & Post Natal Q&A

Q. What type of exercise is safe in pregnancy?

A: Any exercise that you have been practising before pregnancy is safe to continue with the exception of contact sports. It is unadvisable to begin a new exercise without seeking professional advice first.

Q. Do I have to stop exercising in the latter stages of pregnancy?

A: It becomes a personal choice how you manage your exercise in pregnancy. There is no medical reason why you should stop but we would advise that you continue at a level that is comfortable for you. For example, if you were cycling before you fell pregnant, you may find the position uncomfortable as months progress so it may be easier to change to jogging or the cross trainer in the gym is a great alternative. You may also naturally lower the intensity levels of exercise as your pregnancy progresses; just continue with what feels comfortable and right for you.

Q: When is it safe to begin exercise after you've had a baby?

A: You can begin, and it is advisable to begin with gentle core exercises such as pelvic floor routines and abdominal activation, immediately after giving birth and, as soon as you are able, walking and swimming at low intensities will pose no danger. It is advisable to wait until you see your doctor for the 6 week check before you start a full exercise regime.

SPECIAL OFFER

Buddy Training for just £45 per session or £400 for 10 sessions

*Only valid for the month of July