

Apex News

March 2009

Apex challenge

Congratulations to all of those that recorded a time for last months Apex Challenge.

The winner was Calan with a time of 19.15 – well done!

We had so many times entered this month which was great to see. Unfortunately we can't give out prizes to everybody so winners were picked at random.

Please could Calan, Simon Blunn, Denice Navas and Anne come to the Leisure Centre reception desk to book in their free 30 minute massage/PT session.

This month's challenge is an Army Physical Fitness Test (APFT) and includes push ups, sit-ups and a 2 mile run. Make sure you put your age down so we can calculate your score! Good luck!

Beating everyday aches & pains

The Apex has qualified Rehabilitation Therapists who can help you get the most out of your health and fitness regimes and achieve your goals and ambitions.

Aside from immediate injury rehabilitation, our staff can help educate, motivate and rehabilitate patients back to optimum levels of sporting fitness, regardless of age or ability. They do this through the use of proper assessment, deep tissue massage, rehabilitation exercises, stretching techniques and gait analysis.

Special Offer!

Free Rehabilitation Consultation

Course of 5 1hr rehab sessions £200
Course of 10 1hr rehab sessions £380

Something for the Weekend

Why not head for the South Downs Way on 10th May for a countryside hike? Organised by Across The Divide, the event enables walkers to raise money for any charity of their choice whilst walking a beautiful National Trust route that meanders through woodland and vast open landscapes.

Individuals or groups can choose a 20km walk or a more extensive 60km with entry fees ranging from £35 to £65.

For more info please visit:
www.acrossthedivide.com

Pool Boiler

We apologise for the recent inconvenience caused by the lack of use to the pool area. We are experiencing a number of issues with the boiler.

We aim to rectify this in the short term however, whilst we seek a long term solution, we appreciate your patience and understanding through this period.

We will keep you informed of any developments and thank you for your continued support. Once again, please accept our apologies.

Swim Way Swimming Lessons – we will try to make up any missed lessons and those that can't be made up, will be credited to next term. If you have any queries, please call Swim Way on 020 8870 5091.

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**

Gym Hygiene

Please bring towels to reduce sweat dripping on the machines and wipe down the equipment with the tissue and spray provided after use.

Bags and coats must be placed in lockers and not left on the gym floor during your workout. Thank you.



motive8

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Aga's tips

Traditionally women have relied on cardiovascular activity and a low calorie diet to shed kilos or control their body weight. However, aerobic overtraining can lead to injury and low calorie diet can slow down the metabolism.

Strength training, on the other hand, can help increase metabolic rate by increasing muscle fibre size. Once muscle fibres enlarge, they consume more energy - which boosts our metabolisms.

Strength training can also create strong ligaments and tendons, which serve to support our joints and decrease the likelihood of injury from other activities. Bone density increases dramatically and training can reduce the risk of osteoporosis. There are also other benefits to strength training such as better circulation, coordination and balance.

Many women are afraid of strength training because they believe that it will create pronounced, unattractive muscles. This is a prevalent misconception as the vast majority of women cannot build large muscles because they are genetically incapable of doing so.

Free weights, weight training machines, rubber tubing or your own bodyweight will all enhance muscular strength and endurance with as little as 20 minutes to half an hour a day of training. All major muscle groups need to be worked to avoid muscular and postural imbalances.

It is recommended to choose a weight or load that produces muscle fatigue somewhere between 2-3 sets of 8-12 repetitions of an exercise for the upper body and 12-15 repetitions for the lower body.

Benefits of Pilates

Pilates provides patients with a method of exercise unique amongst other forms of exercise. It is a mind body conditioning exercise programme that targets the deep postural muscles of the abdomen and spine to improve overall central core stability and posture.

The mind and body are brought together through the following 8 principles:
Concentration, centering, breathing, isolation, routine, precision, control and flowing movement.

Initially, benefits are seen in the form of improved body awareness, improved posture and improved abdominal tone. Weak muscles begin to strengthen, tight muscles lengthen and gradually the body begins to rebalance.

Pilates is also a fantastic tool used in the prevention and treatment of injuries. The exercises are aimed at improving alignment and movement patterns to provide efficient joint and muscle co-ordination and decrease the risk of injury.

These same principles are applied to injuries – targeting poor movement patterns, Pilates retrains muscle balance to prevent further injury recurrence. Pilates is often used as an effective treatment to back pain.

To book a Pilates session, please call the Apex on 020 8392 9404.

Beginners Class: Mondays 6:30pm - 7:30pm
Intermediate Class: Mondays 7:45pm - 8:45pm
Intermediate/General: Tuesdays 12:00pm - 1:00pm

Mat's Exercise Tip – Compact Cardio Interval Training

Cardiovascular exercise, such as walking, running, rowing and cycling, is an excellent way to improve your fitness and health. Not only do you burn lots of calories (which helps with weight management) but your heart and lungs work harder to supply enough oxygen to your exercising muscles to sustain the effort - this means that your heart gets bigger and stronger and lung capacity increases too.

Instead of working for a long period of time at a slow steady speed, you can burn more calories and get greater health benefits for your heart and lung function by using short periods of hard work interspersed with periods of easy work or complete rest. There's the added benefit of saving time in the gym too!

Here's a sample session to try, which probably works best on the rower or spin bikes.

Warm up for 5 minutes nice and easy then –
20 seconds of working as hard as you can followed by 10 seconds complete rest = 30 seconds.
Try to do this 8 times in a row so that the total time of work is 4 minutes (30 seconds x 8).

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