

Apex News

November 2009

Apex challenge

Congratulations to all of those that recorded a score for last month's Apex Challenge.

The Challenge will run for a further month as we need a few more residents participating. The challenge is a great way to try new exercises and help increase body shape and tone.

Time 1 minute for each of 5 exercises and try to complete as many reps as possible in that time. Complete the circuit twice. Add all the reps together and that is your score.

See gym desk for further details of the challenge.

If you are unsure about the challenge, please ask Health Club staff.

Remember not to forego good posture and technique in place of speed! If you are unsure of the exercise technique, please ask a member of staff to assist. Remember to drink plenty of water, warm up and cool down. Record your time using our new entry slip and box system.

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

Swimming Pool Floats

Please can we ask that all floats are treated with care and not abused. Unfortunately many floats have been 'chewed' and we are unable to keep on replacing them.

Apex Health Club

If you have never been to a gym, make the Apex Leisure Centre your first.

A full induction (compulsory for all residents) and programme (if requested) will be arranged with one of our degree-qualified instructors absolutely free. It's an ideal way to start going to the gym and great for the 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 also be designed for you to follow, enabling you to become healthier and increase your fitness safely.

All residents that have an induction will also receive free vouchers for massage, personal training and classes.

Come in and book an induction today.
Call 020 8392 9404.

Special Offer!

Come in and ask for a free class voucher and try yoga, Pilates, ski fit or spinning for FREE.*

Just bring your free voucher to the class.

*One free voucher per person, voucher only valid for 1 month from issue.

Ski Fit Classes

Hitting the slopes this winter? Make sure you get the most out of your time in the snow. Come along to our ski fit class with specifically-designed exercises that will enhance your skiing ability.

Classes will run on Wednesdays 8.30pm – 9.30pm.

Guests are very welcome!! Sign yourselves up on the classes board outside the studio.

See this month's special offer!



motive8

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

Matt's Exercise Tip – Are you working hard enough?

To get the most out of your workout it's important to get the right intensity when exercising as you will burn more calories with a higher number being from fat.

If you don't use a heart rate monitor, you can assess your exercise intensity based on how you feel. This is called Rate of Perceived Exertion (RPE). RPE is a self-assessment guide of measuring the intensity at which you exercise. A good way of determining how hard you are working out is to use a scale between 1 and 10 where 1 = nothing and 10 = maximum effort and you can't go any further.

RPE SCALE

1.Nothing 2.Very Light 3.Easy 4.Comfortable 5.Fairly Difficult 6.Difficult 7.Hard 8.Very Hard 9.Extremely Hard 10.Unbearable

Beginners

Exercise at about RPE 3 during your warm-up, and RPE 4 to 5 during your main workout.

Intermediate (exercising for more than 6 months) Once a week at RPE 7. Other sessions at RPE 4-6.

Advanced (exercising for more than 1 year) Once a week at RPE 8, other sessions between RPE 4 and 9, depending on your goals.

- Higher intensity workouts maximise calorie burning.
- Higher intensity training also raises your resting metabolic rate after you have finished training, which means you will carry on burning energy at rest, above normal levels. So in addition to the energy you use during your 30-minute session, your calorie expenditure can be increased for up to 36 hours afterwards. This is unlikely to happen if you train at a lower intensity no matter how long the duration.
- High intensity exercise or a combination of high/ low intensity (interval training) will help to improve aerobic fitness.

Dawn's tips – What is Pilates?

"Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit." Joseph Pilates (founder of Pilates).

Pilates is an exercise method, which helps strengthen muscles and re-aligns the spine. It is widely recommended by osteopaths, physiotherapists and general practitioners. The technique can help to achieve a stronger and more supple body. It is also excellent for stress management.

Pilates can be beneficial for everyone, regardless of age and fitness level and has helped everyone from first-time exercisers, neck and back sufferers to elite athletes and sports professionals.

How Pilates can benefit you:

- Can improve your posture
- Can correct muscle imbalance, strengthen weak and stretch tight muscles
- Can improve mobility and flexibility of your spine
- Can promote a more efficient and supportive core
- Can facilitate injury prevention and physical rehabilitation
- Can build better balance and coordination
- Can offer a safe and excellent form of exercise for ante and post-natal women
- Can help maintain and improve bone density
- Can offer a safe and beneficial form of exercise for a wide range of medical conditions, including Scoliosis, Osteoporosis, Arthritis, and Multiple Sclerosis
- Can improve quality of life

Come and try one of our Pilates classes. The classes are held at the Apex on Mondays 6.30pm-7.30pm (beginner) and 7.30pm-8.30pm (intermediate). For more information please ask our trainers.

SPECIAL OFFER

Come in and ask for a free class voucher and try yoga, Pilates, ski fit or spinning for FREE*. Just bring your free voucher to the class.

*One free voucher per person, voucher only valid for 1 month from issue.