

Apex News

October 2009

Apex challenge

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

The winner was Calan with a time of 18.34 – well done. Please could Calan, Stefan Thornhill and Martha Peaker come to the Leisure Centre reception desk to book in their free 30 minute massage/PT session.

This month's challenge is a Body Weight Rep Challenge.

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

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.

See gym desk for further details of the challenge.

Remember to drink plenty of water, warm up and cool down. Record your time using our new entry slip and box system.

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.

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**

Special Offer!

Course of 5 1hr massage sessions £180*

Course of 5 ½hr massage sessions £100*

*Only when course booked during
October 2009

Pre / Post Natal Services

If you are pregnant or have just had a baby, we have two trainers who specialise in providing exercise programmes and treatment of pre and post natal conditions.

For further information, please speak to a member of the Apex training team.

Rollerstroll

Every Sunday between 2pm and 4pm, meet on the east side of Serpentine Road in Hyde Park for **Rollerstroll**, London's largest mass skating event.

This big, very chilled skating event is open to anyone who can stop on a downhill... but if you've not mastered stopping, don't go! Friendly marshals shepherd skaters along a pre-arranged route, with plenty of refreshment breaks and music courtesy of a mobile sound system. This is a great way to get some exercise, see the city... and the Sunday version is the most relaxed and well attended of the lot. **Rollerstroll** normally follows a circular route but every month there's a 'destination skate' which will take you to an unexpected and remote corner of the city.

For more information please visit
www.londontown.com/LondonEvents/Rollerstroll/d7398



motive8

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Everyday exercises to prevent injuries

Upper and mid back stretch: Kneel on the ground, place your bottom on your heels and extend your arms out in front, lower your chest and head towards the ground. Hold for 20-25 secs.

Back of thighs: Standing, raise one leg up on table/chair at approx waist height keeping this leg straight, bend your standing leg and lean forward to reach your hands towards toes. Hold when you feel you can reach no further. Hold for 20-25 secs.

Front of thighs: Standing, bend one knee to raise heel towards your bottom, holding around the ankle of this foot. Keep both knees close together. Hold for 20-25 secs.

Shoulder mobility: Circle the shoulders forwards 10 times and then backwards 10 times.

Neck stretches: Slowly, lower chin to chest, raise chin to look up toward ceiling, look over right shoulder and then over left shoulder – hold each position for approx 15-20 secs.

Aga's tips - Swiss ball exercises

The Swiss ball (sometimes also called fit ball or physio ball) is an excellent piece of exercise equipment which can be used by individuals at all levels of fitness to work every major muscle group in the body. It also adds the dimension of core strength to your training.

Why not to add fun, variety and challenge to your workout by incorporating a Swiss ball? Here are some sample exercises:

PUSH UP



TRICEP DIPS



HAMSTRING CURLS



SINGLE LEG SQUATS



JACK KNIFE



BALL ROTATION



If you want any help, advice or more information, please speak to one of the Apex trainers.

Seven easy ways to eat your way to a healthier lifestyle

1/ Eat regular meals every day – breakfast, lunch and dinner and a snack or two. Vital for energy, wellbeing and performing good exercise.

2/ Drink water or herb teas during the day, amounting to at least two litres a day. Hydration is key to energy and good mental concentration. Dehydration is the first thing that upsets your ability to exercise well.

3/ Eat small meals rather than large. Large meals cause fatigue because digestion requires much energy, and the more you eat the more energy is diverted to that process and away from your muscles and brain.

4/ Eat fresh vegetables at lunch and dinner. They're

vital for vitamins, minerals, fibre and health-promoting phytonutrients.

5/ Vary your sources of wholegrains from wholewheat bread & pasta to include more brown rice, quinoa and buckwheat. Your body needs a wide variety of nutrients, not from just one food source.

6/ Eat a protein food at each meal for sustained energy and recovery from exercise.

7/ Have no more than one cup of coffee a day, and have this in the morning time. Stimulants in excess typically lead to fatigue and can stress your body unnecessarily.

www.thenutritioncoach.co.uk

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