



KIESER TRAINING
KIESER-TRAINING.COM

It is no secret that for most of us approaching or in our middle ages, maintaining an attractive body shape, slim waistline and youthful energy is a tough job. Because you lose half a kilo of muscle per year after the age of 35, your metabolism slows, you lose energy, feel weaker and you accumulate fat. While it is inevitable that you will age it is not inevitable that you will become weak though.

To reverse this natural trend and maintain your fountain of youth we need only to maintain reasonable muscle mass. Make no mistake you need strength for good health along with regular exercise, plenty of water and a sensible diet. Muscle is medicine, a subject now scientifically proven and something we all should know more about.

By simply maintaining your muscle strength you are helping your body stay healthy; after the age of 35, this will not happen by itself – you will need help. Kieser Training’s team of instructors, doctors and qualified physiotherapists are always on hand to provide you with advice and supervision. They will give you an individual training plan based on the Kieser Training scientific concepts and take you

through the four-step introductory programme, Preventive Strength Training.

During your first visit to Kieser Training, you are given a health questionnaire to complete and a thorough introduction to strength training. The instructor compiles a training programme based on your personal training aims and you commence the introductory phase which consists of four accompanied training sessions and ongoing regular assessments. By offering strength training and therapy under one roof, Kieser Training can always offer customers the right solution.

Medical Strengthening Therapy enables you to train under the control of our qualified specialists. We recommend therapy to our customers with particularly weak muscles and those with chronic back or neck pain, or problems with their hip, knee or shoulder joints. Before starting, you will be examined thoroughly and recommended a therapy programme for you. 30 minutes once or twice a week is all it takes to prevent and reduce back pain; look and feel better; get stronger and feel lighter; prevent osteoporosis; feel younger and become stronger. ■
020 7391 9980; kieser-training.com

WINTHROP HALL
WINTHROP.ORG.UK

Time to get clean and sober? Winthrop’s treatment centre in Staplehurst, Kent offers innovative treatment for alcohol and drugs problems in luxury, boutique-hotel style surroundings with award-winning food. A treatment centre with a difference, addiction therapists tailor-make an holistic programme to suit each client, focusing

on one-to-one care, and clients are also allocated their own personal trainer in the state-of-the-art gym. Studies have shown that the more complementary therapies clients receive during detox, such as massage, reiki and yoga, the more successful they are likely to be in their recovery. *Winthrop Hall, Cranbrook Road, Staplehurst, TN12 0ER*
01580 894 333; winthrop.org.uk

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