
Central Health opens new ‘gym’ concept in the City

October 2009 – Central Health, leading provider of health and fitness services to individuals and organisations, is opening its first **Performance and Wellbeing Centre** in Charterhouse Street.

The exclusive facility, which has been fitted with state-of-the-art gym equipment and features a treatment room as well as an area for group classes and seminars, will offer a range of health and fitness solutions tailor made to individuals and organisations.

Performance and fitness expert Gary Stebbing will lead a team of experienced professionals who will work with individuals seeking body conditioning as well as performance coaching and learning.

Gary says: “We go beyond what most personal trainers do in that we do not just look at our clients’ physical fitness, but we help them with overall health enhancement and taking control of their lives”.

This approach is totally in line with the Stress and Performance service launched by Central Health earlier this year. The innovative technology is currently used by corporate organisations, sporting teams (international and national) and public health organisations and is of relevance to anyone and everyone; ranging from those who are highly motivated by a balanced lifestyle that includes hard work, exercise, appropriate diet and recovery through to those at the other end of the spectrum.

Natasha Price, joint Managing Director of Central Health, adds: “There is a lot of stress among City workers and our **Performance and Wellbeing Centre** will enable us to work with organisations aiming to help their staff achieve a healthy work-life-balance. Being near our main physiotherapy facility at Chancery Lane the Centre will also enable us to provide better services to all our City-based patients, including rehabilitation and total body conditioning”.

Physiotherapist Danny Armitage will oversee the physiotherapy and massage treatments and organise specialist classes such as Ski Fitness and Pilates.

For information on membership packages and details of corporate schemes contact Central Health: telephone 020 7404 6343, info@central-health.com, www.central-health.com

Ends-

Notes to editors:

For further information please contact:

Annick Devillard, The Rooster

020 7851 4409/07752 359 959

annick@therooster.co.uk

About Central Health

Central Health was founded in 1992 by Chartered Physiotherapists, Simon Shepard and Natasha Price. Known initially as Chancery Lane Physiotherapy, the company, which started in Chancery Lane in Central London, changed its name in 2005 as services expanded.

Central Health has grown to become a multi-faceted operation with the aim of providing health and wellness services to individuals and corporations. The company constantly appraises advances in the field of medical science to **return, maintain** and **build** people's health and fitness.

Central Health operates from five London locations: **Chancery Lane**, which remains the main clinic; the **Hospital of St John & St Elizabeth in St John's Wood**; the Sport, Performance, Assessment and Rehabilitation Centre (SPARC) at **Roehampton University**; the **Springdene Clinic in Whetstone** featuring one of the few Hydrotherapy Pools in the country; and the newly opened **Performance and Wellbeing Centre in Charterhouse Street in the City**.

Whilst physiotherapy remains core to Central Health, the company offers a full range of health and wellness services including stress management, orthopaedic consultations, health screening, GP services (in partnership with GenMed), occupational therapy, sports medicine, podiatry, nutrition, acupuncture, massage, Yoga, personal training and Pilates sessions.

Central Health works with large organisations to ensure staff wellbeing, compliance and total peace of mind. This includes delivering education on topics such as ergonomics and manual handling, putting in place health & safety policies, providing health screening and GP services and helping to measure and manage the negative effects of stress.

With over 40 practitioners, Central Health is one of the largest employers of its kind. All the therapists are chartered and registered with The Health Professions Council.

For more information on Central Health visit www.central-health.com.