

Shape up for sport this winter

September 2008 – Now is the time to take action! The better shape you are in and the higher your level of fitness, the more you can enjoy winter sports, from skiing and rugby to cross-country and marathon running.

Based in Chancery Lane and St John's Wood, Central Health offers individual and small group sessions in their state-of-the-art fitness studios to reduce your risk of injury and get the most out of your chosen activity. If you have an existing injury or a specific problem that needs to be checked then their team of experienced physiotherapists will help return you to fitness, so that you can enjoy your sport to the full. They also offer therapeutic and sports massage to help relax muscles, maximise the body's potential for regeneration and recovery, and provide an overall sense of wellbeing.

Central Health physiotherapists have a wealth of sports fitness and rehabilitation experience and have been involved extensively with prestigious rugby, running and cricket organisations, such as WASPS RFC Youth Team, London Irish RFC, the Flora London Marathon and Middlesex County Cricket Club to name but a few. Carolyn Aldridge MCSP, based at St John's Wood, is off to Beijing shortly to work with Great Britain's Paralympics Team.

The fully equipped studios and teams of therapists are easily accessible from anywhere in Central London, North London and the City and are located at:

- Chancery House, 53-64 Chancery Lane, London WC2A 1QS (Holborn or Chancery Lane tube stations) – tel: 020 7404 6343
- The Hospital of St John & St Elizabeth, 60 Grove End Road, St. John's Wood, London NW8 9NH (St John's Wood tube station) – tel: 020 7806 4010.

Call either number to book a class or a personal assessment or visit www.central-health.com for more information.

These are examples of programmes currently available, but specific sessions can be added for groups of friends or companies (contact Central Health for details of corporate arrangements):

- **Get Fit For Skiing Circuits** are run twice a week in small groups of 6 and are based on a circuit of ski-specific exercises. £100 for 8 hour long sessions.
- **Personal Training** sessions are tailor-made to your needs and cost £50 for an-hour or £40 if you buy a batch of 10.
- **Pilates Sessions** build core strength, muscle balance and improve your posture through a series of low impact stretching and conditioning exercises. Run by qualified physiotherapist instructors the cost is £100 per person for 6 hour long classes (6 people maximum).

-Ends-

Notes to editors:

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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 constantly appraising advances in the field of medical science to **return, maintain** and **build** people's health and fitness.

Central Health operates from three London locations: Chancery Lane, which remains the main clinic; the Hospital of St John & St Elizabeth in St John's Wood; Movers and Shapers in Vauxhall; and is soon to open a fourth location in Roehampton.

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, 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.