
Get fit and wear the right ski boots to optimise your skiing experience

November 2008 - Perfect snow, gorgeous weather and great equipment but what a shame to find that after a day on the slopes every inch of your body aches and your feet hurt. Rather than relying on alcohol to numb the pain, Central Health run pre-ski exercise classes and offer a podiatry service to ensure your ski boots provide optimum support. Now is the time to take action!

Run by highly qualified and experienced physiotherapists with a wealth of sports fitness and rehabilitation experience, the **Get Fit For Skiing Circuits** are designed to get you in shape before you set off for your skiing trip. Based on ski-specific exercises they are run twice a week in small groups of 6. Costing only £100, the 8 hour long sessions will make a world of difference to your ski trip!

Additionally, the Central Health podiatrists offer a service where they analyse the fit and feel of your ski-boots and, where appropriate, suggest orthotics to maximise support and performance on the slopes.

If you have an existing injury or a specific problem that needs to be checked and treated then Central Health's team of experienced physiotherapists and masseurs have the skill and expertise to return you to fitness.

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.

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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. 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 four 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 Roehampton University.

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.