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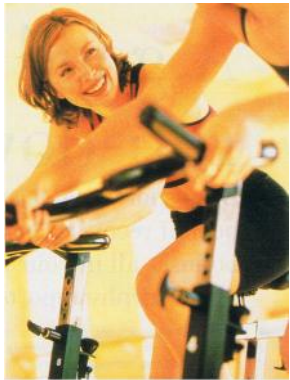
Millennium News

Issue 7 JULY 2010

PREVENT PEDAL PAIN

Spinners may experience some knee, neck and back pain if their bikes are not set up correctly. Adjust bike seat to the right height. Pain in the front of the knee is usually as a result of a seat that is too low.

Check your saddle isn't too far back. When this happens, your legs must reach too far in order to pedal, and as when your seat is too high, you risk incurring problems with hamstrings, lower back and ankles.



Good pain vs. bad
Just because you want results from your workout, shouldn't mean you should suffer. Delayed onset muscle soreness, known as DOMS, is the name for the aches and pains you get after trying something new or physically challenging. They signal that damage has occurred to the muscle fibres during the exercise; it's when they knit back together that you gain strength improvements. It's quite normal, and so long as it does not effect posture, it's not a problem. If it gets to the point where you can't walk or lift a cup properly, you've done far too much damage. Take it easier next time!

Wrong to focus on weight loss

Size and weight are largely irrelevant; the most important aspect of health is to be physically active.

Getting fit should not focus on weight loss.

One in five people in the UK is classified as obese and an additional two are classified as overweight.

The truth is that fit and healthy bodies do come in a variety of shapes and sizes, so we encourage people to improve their health through exercise no matter what size or weight they are.

You can be big and fit. Many people have the misconception that being 'big' equates to being unfit and unhealthy.

Research has proven that there is less risk of heart disease in large vigorously active individuals than slim, unfit individuals.

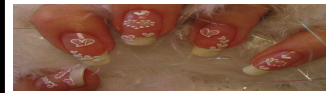
Two apples better than one

An apple a day may keep the doctor away but two may keep heart disease at bay! Antioxidant phytonutrients in the fruit increase the rate at which cholesterol in the body breaks down. This helps prevent the arteries becoming clogged. Drink 100% apple juice or munch a couple of apples each day.



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...now there is 'big' and relatively fit and there is just plain 'FAT'!

Not getting the results you want from your workouts?

Fed up pounding that treadmill and not seeing results quick enough? Time to join a circuits class! Train like track stars. Sprints, bounds, jumps...the drills athletes use to train and warm up their limbs for competition provide the ideal interval programme to burn fat, build muscle and give you a lean, mean body.

Circuits classes vary every session and gains will be seen in strength, suppleness and cardiovascular and muscular endurance. You'll be able to last longer in other activities and your coordination will improve. This sort of training really promotes lean muscle tissue.

**WANT BIGGER ARMS BOYS? TRY THIS...
CHANGE YOUR GRIP**



When doing exercises with a barbell or E-Z bar, try gripping with your thumb under the bar rather than wrapped over it. This reduces the role of the forearm in the move and places greater emphasis on the biceps or triceps, forcing these muscles to work far harder for each rep.

DON'T IGNORE YOUR TRICEPS

It's easy to concentrate on blitzing your biceps, but your triceps are actually the bigger muscles in the upper arm. Focusing on triceps exercises that isolate the muscle, such as dips, narrow grip bench presses and lying triceps extensions, will lead to bigger gains, so that you fill out your t-shirts in double-quick time.

PERFORM BIG LIFTS

Bicep curls are all well and good, but you'll see better results from big compound moves that involve the arms, such as reverse grip, bent-over rows and chin-ups. These exercises require multi-joint movement and allow you to lift heavier weights, and so flood the body with muscle-building hormones, meaning you get bigger and stronger.

TAKE YOUR TIME

The golden rule is 1 second up and 3 seconds down for every rep. Three times as many muscle fibres are activated during the eccentric –or downward –phase of the exercise, so lowering the weight slowly and under control will work the biceps and triceps much harder. Taking your time also keeps the muscle under tension for longer.

WORK TO FAILURE

To build muscle you need to fatigue the arms, forcing them to grow back bigger and stronger. Each set should last around eight reps, at which point you should reach failure. If you feel like you have a few more reps in you, then the weight is too light. Also make sure you 'squeeze' the muscles at the top of every rep to really work them.

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*IN ASSOCIATION WITH HARLEY AESTHETICS LON-

A good rub down
There's no doubt that massage is a valid form of healing both physically and psychologically. Anyone who is physically active or prone to tight muscles or aches and pains will benefit from regular massage. The levels of endorphin, the hormone which masks pain and produces a feeling of euphoria, are elevated by massage. Book in at Cloud 9, you'll feel great afterwards



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St Tropez Spray Tan

So you have come back from holiday with a gorgeous deep tan. It would seem natural to top up with UV from our tanning tubes—yes, but after a month.

Meantime, spray tanning will keep that tan looking great. Why wait one month before using the tanning tubes again? Because it takes about 45 days for the skin which has thickened under a tropical sun, to disappear. The thickened skin acts as a barrier to further tanning so longer sessions under the tanning tubes would be required.

Yet at this time, your sun-thickened skin provides a better foundation for spray-tanning.

Facts suggest then that a spray-tan is the best solution to top up your holiday tan for the first month afterwards then use tanning tubes.



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