



116 The Stow, Harlow, Essex, CM20 3AS

01279 898 460 / 07747 593 556

Est. Jul 2013

Dear Member,

Welcome and thank you for joining our fantastic centre. Our Club Managers – Chris, Lisa, Lea and Louise, will ensure you have a great experience each and every time you visit us.

Please find attached in this pack:-

- ❖ Frequently asked questions, Terms & Conditions for both 5 day pass members and year members, Healthy eating & drinking plan, opening times and some research material.
- ❖ We do ask for hygiene reasons that everyone bring a hand towel each time you visit to sit on and wipe down equipment if required.
- ❖ Shoes cannot be worn on the equipment, so please remember socks. These are available at reception at a cost of 50p per pair.
- ❖ Assessments (weight, measurements, blood pressure, body fat, body mass index and height) will be taken on or around each 12th session for members who use the club 2-3 times per week and on or around the 20th session for those who use the club 4 or more times per week.
- ❖ To get the best results from the Toning Tables, we do advise you come at least 2-3 times per week.
- ❖ When you book in for your time slots, you will need to arrive 5-10 minutes before your appointment time to give yourself enough time to get changed (if needed) and sign in.
- ❖ Please remember when parking in The Stow Car Parks to get your FREE 1 hour parking ticket.
- ❖ Lockers are FREE.
- ❖ For latest information, please join us on Facebook and check out our website www.toningtabletherapycentre.co.uk

Please do not hesitate to contact us should you have any queries regarding your membership or the club. Any issues please discuss with our Team and give us the opportunity to resolve them for you where possible. You can contact the team on either 01279 898 460 or 07747 593 566 or via email at toningtabletherapycentre@outlook.com

We look forward to seeing you in the centre and help **YOU** to achieve **YOUR GOALS!**

Kind regards

TTT Team



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WELCOME PACK



Research

Toning Table Therapy Centre uses Shapemaster Equipment

Assessment of the Shapemaster Easytone Exercise Program on Muscular Strength and Functional Capacity for the Eldery.

- A significant improvement in muscle strength of between 24% and 50%.
- Mobility and Agility increased by 22%.
- Of particular note was the benefit in increased balance, which improved by 33%. This was most significant because seniors are more likely to fall and injure themselves, leading to reduced quality of life and premature death.

The report confirms:

- The benefit of exercise for seniors since it will promote a longer and healthier life, which will enable them to live an independent life for longer and require less time undergoing healthcare.
- That we lose 40% to 50% of our muscles strength as we age. Muscle tissue responds to resistance training with improved strength, bone density and dynamic balance, until we are in to our 90's.
- Physical activity retards many age related changes and reduces the onset of many killer diseases such as heart disease, colon cancer and diabetes. It improves cardiovascular function, reduces obesity and improves overall quality of life.

Oklahoma State University has prepared an independent report commission by an assisted living facility in Oklahoma on the Benefits of the Shapemaster Senior.

Exercise Program

Seniors, 70 years and older exercised on the Shapemaster Easytone Machines twice weekly for only 10 weeks, 7 different tests to measure their changes in strength, mobility and balance and the improvements were recorded.

The results showed tremendous benefits:

- One of the great benefits of exercising on Shapemaster machines is that they provide a safe and friendly environment for seniors who so often would not want to exercise in a traditional gym.
- The Oklahoma State University report confirms that standard fitness equipment can be intimidating and hazardous and the Shapemaster machines provide a safe alternative – that is also fun!
- The machines suit so many people who would never consider using a regular gym.
- Seniors, sufferers of MS, Fibromyalgia, Cerebral Palsy, COPD (Chronic Obstructive Pulmonary Disease), Muscular Dystrophy, all can use the equipment successfully. People who are uncomfortable in a gym environment with weight and physical challenges find that they can be successful at exercising on Shapemaster machines.

We have yet to find someone who does not benefit from exercising on the Shapemaster Machines.