



the laboratory  
spa & health club



# THE LAB REPORT

ISSUE 50 / AUTUMN 2019



NATIONAL  
FITNESS AWARDS  
WINNER

"HEALTH CLUB OF THE YEAR"



## Dear Members,

I am delighted to be able to introduce the latest edition of The Lab Report for your perusal. I hope this summer has proved to be a successful and enjoyable one and that you made the most of the lovely warmer days.

We really hope that you are set on a training programme at The Laboratory that's right for you and that you continue to enjoy your visits to the clubs, whether those visits are for fitness, weight loss, stress relief or pure enjoyment. We strive to provide a service that is second to none and are ready to help you to achieve your goals.

So far 2019 has seen us undertake several large projects at both clubs and we will continue to heavily invest in Muswell Hill and Mill Hill to maintain their status as two of the best clubs in London. Whilst the works being undertaken may not always be obvious, rest assured that behind the scenes, we are ensuring that our facilities are kept up-to-date and modern.

At the Muswell Hill club, this year we have particularly focused on the wet facilities and have seen our pool filtration system being improved in our quest for our pool to be the cleanest in North London. Also our major pool air handling unit was rebuilt so as to more effectively control humidity levels and thus making the poolside experience a much more pleasant one whilst simultaneously making the building more energy efficient. This spring we invested in a brand new set of state-of-the-art LifeFitness IC7 Spin bikes, which we believe have made enormous improvements

to our members' group cycle experience. At Mill Hill later this year we have extensive plans to update and improve the poolside starting with a new panelled feature wall along with new twin spa baths, improving the jets and lighting.

We are firm believers in progress and endeavour to continuously move forward and remain at the forefront of the industry, however, it is also important to make decisions based on scientific fact rather than fad and as a result of this a huge amount of research and passion goes into any decision we make for the clubs. In addition to having the best equipment possible, we also make a point of hiring the best and most experienced staff around, whether they be for the gym, the spa or whichever department – that experience is a key factor in maintaining the high standards you have all come to expect from us.

I know many of you have been members of the club since we opened in 1995 and I hope that you, along with the members who have joined us more recently, will continue to support and remain part of The Lab family. We very much value your loyalty and we look forward to an exciting autumn and winter ahead during which we hope you achieve all that you wish to.

Warm wishes,

John Lyras  
CHAIRMAN





## SEB BARRE MOVES OVER TO MUSWELL HILL

When one of our longstanding staff members Rebecca London decided to make a career change and move on to pastures new, we were lucky to be able to bring Seb over to Muswell Hill. Seb has a wealth of experience in the industry having worked as General Manager at our Mill Hill Club for the past ten years.

He says, "I am delighted to be joining the team at the Muswell Hill club and hope that I can continue to take it from strength to strength. I really look forward to meeting as many of the members as possible, my door is always open!"

## TIM KIPLING – NEW GENERAL MANAGER FOR MILL HILL

We are pleased to welcome Tim as the new General Manager for the Mill Hill Club. Tim has a strong background in health club management and we are delighted to welcome him on board.



He says, "I am honoured to become General Manager of the Mill Hill Laboratory. The clubs are synonymous with being amongst the best in the industry and I look forward to driving the business forward. Please do say hello when you see me in the club."



# ISSUE 50 AUTUMN 2019



## FEATURES

- 05 Achieve Your Greatness
- 09 Indoor Cycling
- 09 Pilates Principles
- 12 Members' News

## JUICE BAR

- 04 Juice Bar News

## GYM

- 06 CrossFitness
- 07 Get Motivated
- 07 Squats – How Low?

## POOL

- 08 Swim Fitness

## STUDIO

- 10 Studio news

## SPA

- 13 Frozen Shoulder – The Stages
- 14 Spa Offers
- 14 Herbal Medicine Ramble



## Pumping Beet Juice

Recent studies have shown that drinking beetroot juice prior to your workout can induce your stamina and endurance whilst also helping fight post-exercise inflammation thereby aiding quicker muscle recovery.

Furthermore, researchers found that adults who consumed beetroot juice prior to engaging in moderately-intense exercise demonstrated greater connectivity in brain regions associated with motor function, compared with adults who did not drink beetroot juice before exercising.

The benefits above have been attributed to the high nitrate content in beetroot. When consumed, nitrates are converted into nitric oxide, which can help to lower blood pressure and increase blood flow to the brain.

Why not pick up a Beet Juice (contains beetroot, lemon and ginger) from The Juice Bar next time you are about to hit the gym?

## LOVE-MY-SLEEP JUICE

Insomnia is something that all of us may suffer with at some point and it can negatively impact all aspects of life. Whilst exercise, meditation and other relaxation techniques can all help, sometimes our diet has a large influence on the situation.

Leafy vegetables, such as spinach or cabbage, contain a high content of magnesium, which is believed by many to help relax muscles and calm nerves, which in turn may well help you get to sleep.

Next time you are struggling to fall asleep, instead of counting sheep why not try this juice? After a good night's sleep, you will wake up feeling refreshed and ready for a visit to The Laboratory!

- 1/4 head SAVOY CABBAGE
- 2 GREEN APPLES
- A handful SPINACH
- 1 inch GINGER
- 3 heads ROMAINE LETTUCE
- 1 LEMON

*Wash, prep and chop produce.  
Add produce to juicer one at a time.  
Serve cold over ice.*



## STRAWBERRY & TOMATO SUMMER GAZPACHO

GLUTEN FREE / SERVES 4

- 5 large fresh TOMATOES peeled & deseeded
- 2 RED PEPPERS deseeded
- 20 MINT LEAVES
- 10 BASIL LEAVES
- 1 large CUCUMBER peeled & deseeded
- 6 large STRAWBERRIES
- 3 tbsp APPLE CIDER VINEGAR
- 2 cloves fresh GARLIC
- 1 pinch BLACK PEPPER
- 2 pinches SALT
- 150ml COLD WATER

*In a blender, mix all the ingredients together to a smooth texture.*

*As an option you can add some breadcrumbs to thicken the mix or you can sieve the mix to make it even smoother.*

*Serve in a bowl or in a glass together with some sour dough bread toasted and seasoned with some fresh garlic, oregano, salt and extra-virgin olive oil.*



# THE JUICE BAR & PLASTIC

Climate change is at the forefront of everyone's mind at the moment. Reports of our oceans being heavily polluted by plastic waste and then entering the food stream through fish who have eaten the plastic, and the landfill sites that are overflowing with plastic that will take up to a thousand years to decompose.

Since the 1950's more than 8.3 billion tonnes of plastic has been produced and only approximately 9% of that has been recycled. Of what remains, 79% has been placed in landfill sites and the remainder has been burnt. The impact this has on the earth is almost unimaginable and reaches the most remote parts of the planet including even the deepest part of the oceans.

Only recently an American explorer found plastic waste 11km down on the seabed when descending in a submersible to the deepest place in the ocean – the Mariana Trench in the Pacific.

Whilst the world's governments try to work together to come up with a coherent, long-term plan to the plastic pollution issue, here in The Juice Bar we are trying to do our bit to reduce the amount of plastic we are using and would like to encourage all of our members to do the same where possible.

You may have noticed we have replaced the plastic water cups with glass and we now have biodegradable takeaway wooden cutlery in place of plastic ones, and we have replaced our plastic takeaway containers with more eco-friendly boxes.

We certainly won't be stopping there and will continuously strive to decrease our plastic contribution as new opportunities arise. Currently, we are in the process of trying to find a practical and suitable alternative to plastic juice/smoothie glasses (not as easy as it sounds!) and are also hoping to introduce the option of being able to bring in your own reusable cup for your takeaway coffee – so watch this space for more info.

We know from the member feedback we receive that this is an important issue, not just for us but also for all of you and very much value your support and cooperation. Any ideas are always welcome.



Nicoletta Gallitelli  
DUTY MANAGER / MUSWELL HILL



# Have fun at The Lab and achieve greatness



## LET'S CONSIDER MOTIVATION

**Y**our mind will attempt to keep you safe by keeping you in your comfort zone. Think of a way you can daily break your routines and boundaries by trying different challenges.

For example if you attend one of my BodyPump™ classes and can regularly squat 10kg for 120 reps, try maybe, every OTHER class to squat 15kg over the same rep range.

**SOME PEOPLE FEEL THE RAIN, OTHERS JUST GET WET**  
— BOB MARLEY

In order to develop muscle/strength/fitness you MUST constantly be pushing the envelope. In order to grow you have to put some stress on your comfort zones.

Think of your capacity a bit like a balloon. Once you've blown it up to its full size and a little past its full circumference, even if you let it down it's never the same. That's what

happens in your mind/body whenever you push past conceived limitations.

In order to go beyond your perceived limitations you must believe in yourself with total self-acceptance. The world will always try to make you feel that you're not enough.

Have fun with your life and connect with your GREATNESS. When you can totally and unconditionally accept yourself, I believe it gives you permission and enormous power to put 100% of yourself into everything you want to do. It gives you permission to be "full of yourself" and why not?

Every one of us has a very unique essence which no one else has.

The result of this mindset will give you self-confidence, no matter what storms are raging in your life.



Sphinx aka The Energy Master  
LAB COACH / MUSWELLHILL

## SPHINX'S MOTIVATIONAL TIPS

Look back at what you have achieved, all the things you've overcome, all the obstacles you've successfully hurdled, to where you are now.

Fill yourself with positive self-talk from the inside. Say things to yourself to make you feel good about yourself, so that whatever happens on the outside you can remain calm and composed.

Changes to your routine are necessary for variety, fun and growth

Have workout sessions where you lift heavier weights with low reps and then switch to light weights with high reps.

Do your usual routine in the reverse order to the way you would usually perform it.

Attempt something that scares you everyday. Eg. talking to a stranger or even making a video in the gym and posting it on social media!

Momentarily stop controlling everything and let life flow through you.

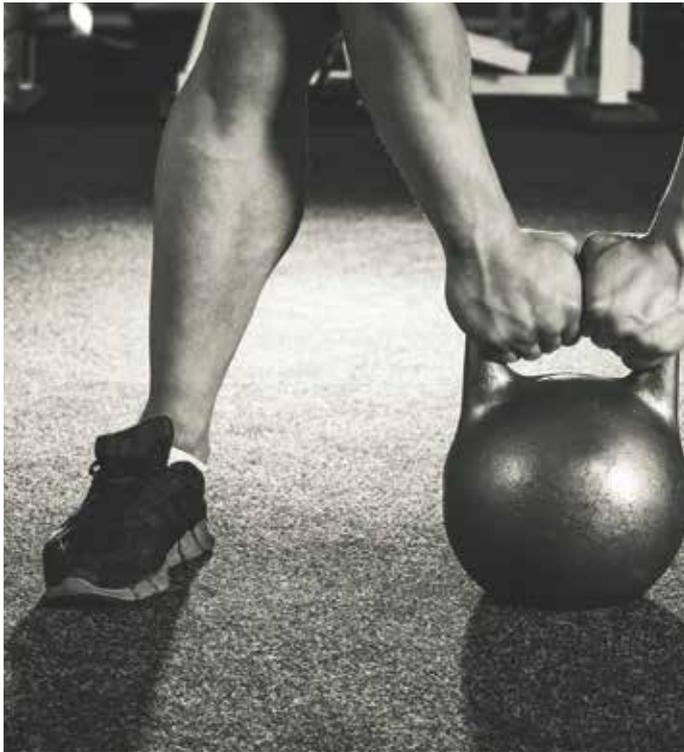
Don't stop at 10 reps, 15 reps, maybe you can do 30!

Agree to something – like trying a new class – that you would normally refuse to attend. Surprise yourself and say yes!



*"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour."*

Mark Twain



# CrossFit

THE EVOLUTION OF FITNESS!

CrossFit® is the latest sport in the health and fitness world. It's been developed from a blend of different training modalities and has evolved into a lifestyle and entire community across the globe.

It's a combination of many different disciplines and exercises fused together such as high intensity interval training (HIIT), which will challenge your cardiovascular system; Olympic weightlifting such as deadlifts and barbell squats, which will enhance your overall strength and improve your muscle tone to help you to lose weight; speed and agility drills are also included to ensure your balance and stability are challenged.

You are definitely going to experience great benefits from our CrossFit class, so be prepared for flipping tyres, slamming battle ropes and swinging kettlebells combined with jump squats and many more different and innovative exercises!

Join us in this motivational class every Thursday 7:30 pm in our beautiful garden at Muswell Hill. Look forward to seeing you sweat!



Nicolo Catalano  
LAB PRO / MUSWELL HILL

# FIGHTING FOR CHARITY



It's Friday evening – loud music, colourful lights, people chanting and I'm feeling the electrifying energy of the crowd! I'm standing behind the double doors and waiting for my song to come on and walk into the spotlight ...

Nervous, excited, worried, doesn't really cover it!

Thinking about the next couple of minutes, will I freeze or will I show my skills that I've been working on so hard for last couple of months? I don't want to disappoint my family and friends.

Another part of me is thinking "you've already won, you've raised money for a great cause and you've finished your training. This is just a bonus".

As I'm walking down the aisle, feeling more confident and picking up the energy from the crowd, I jump into the ring – gum shield in, head guard and shin pads on. And FIGHT!

It all comes back to me now – jab, cross, knee, block! As the fight continues, our coaches and the crowd are shouting and it gets more and more intense! After the third round, we are both standing. We wait for the decision and both our hands are raised! It's a draw!

But for me, it's a personal win. I feel proud. I survived the eight weeks of torture, where lots of people dropped out or got injured. I'm a mum of two, with a busy work schedule. I sorted my priorities to find the time to train! At least three times a week in The Laboratory and twice weekly in just Muay Thai.

I went through a complete transformation. Instead of training for strength and building muscle, which I had been doing for years, I trained differently – bodyweight exercises, endurance, HIIT and max sprints. I challenged myself, and found a worthwhile reason to push my limits and prove it can be done.

I'm sure I wasn't the only winner from the event. After all there's a much bigger picture. We raised money for Mind, the mental health charity who is there to support anyone with mental health issues regardless of age.

Thank you to all who believed in me, my friends, colleagues and members of the Laboratory and thank you for your kind donations!

**GUM SHIELD IN, HEAD GUARD AND SHIN PADS ON. AND FIGHT!**

Maria Braviakova  
LAB COACH / MILL HILL





## FEELING MOTIVATED? It's our Mission ...

**A**t The Lab we appreciate how difficult sometimes it can be to motivate yourself to get the most out of your gym workouts in order to achieve that slimmer waistline or increased energy and the toned and healthy body you desire.

### YOU DON'T HAVE THE TIME

A Lab Pro will ensure that what you do is effective, each and every time they are with you – whether it's a 15, 30 or 60 minute session and the very act of booking your sessions alone will also help you commit to your ongoing success.

### YOU LACK MOTIVATION

It's not about being shouted at to "push harder"; a Lab Pro has the skill to identify what "buttons" to press to truly motivate you. Some of us may benefit from either a "carrot and stick" approach – which method is best for you?

### YOU DON'T KNOW WHAT THE BEST WORKOUT IS FOR YOURSELF

A Lab Pro has a huge range of experience in working with diverse individuals which means there is ALWAYS a method or mode of activity that will achieve your success and maybe you just haven't found it yet!

### YOU EASILY GET BORED IN THE GYM

Did you know it's not always about training harder all the time. "Keep your body guessing to keep it progressing" which is why your sessions should vary in content. Have you used kettlebells, boxing pads, the stretch cage or better still your bodyweight alone?

### YOU DON'T HAVE THE ENERGY

The thought of expending energy in order to feel more energetic seems a contradiction; however the "lift and boost" you feel from a productive session can have a huge impact on your hormonal balance and psychological state. You'll wonder how you ever managed without that natural high from a session with a Lab Pro.

### YOU'RE CONCERNED ABOUT HOW YOU LOOK IN THE GYM

A Lab Pro is always aware of your concerns in this regard and part of the consultation process is designed to establish a communication style and a method that works best for you, the individual.

### YOU JUST DON'T LIKE EXERCISE!

Easy answer – once you've had a session with a Lab Pro you'll realise what you've been missing. Personal training is not just a luxury; it's a necessity if you desire safer and faster results.

The sole purpose of our team of Lab Pro Personal Trainers is – the development of your body and mind in order to achieve your desired outcome – it's our mission!

Marlon  
HEAD OF FITNESS



**E**veryone knows that you should squat if you're thinking of getting the most from your gym workout, but for what reason?

Is it just for getting bigger legs and glutes and is it essential for weight loss and toning?

Squats are considered the go-to move for anyone who trains because they engage more muscles than most other exercises.

Performed correctly, they can work your thighs (quadriceps and hamstrings), your bottom (gluteus maximus, medius and minor), your calves (gastrocnemius and soleus) and your trunk/core musculature (abdominals, superficial and deep, and the spinal erectors that work together to support your spine).

Performed at a high number of reps and sets squats will also raise your heart and respiratory rates giving you cardiovascular benefits too!

Of course squats can also build a firm and toned look in no time.

But it's important to learn how to squat correctly and one question I'm often asked is "how low shall I go?" Injury history and previous medical conditions allowing, when you squat with a fuller range of motion (ROM) there are three key benefits:

Increased muscular time under tension (TUT) for strength, size or toning benefits.

Increased "motor unit recruitment" (more muscle fibres are used) for increased strength and performance benefits.

Increased proprioceptor stimulation throughout your muscles and joint capsules that send signals to your muscles to be recruited efficiently. (You'll get stronger at the new ROM and depth.)

# SQUATS

## How Low shall I go?

If we stick to quarter or parallel squats, and keep stacking weight on the bar without ever trying to increase the depth it may be worth checking your ego and recognising the value in stripping the barbell of some of that weight (or all of it!) for a lighter weight.

If you do enough controlled, progressive deeper squats you'll be surprised at how much your ankle, hip and even wrist and shoulder (in the case of front/overhead squats) can increase.

So while many of us at first may struggle with squatting to an increased depth ("ass to grass" is often said) a limitation in our mobility doesn't mean we can't reap the rewards to be had. Just get to parallel or your individual range – and you'll still gain benefits.

However, if you want to get more from your efforts, "partials" are a great advanced method that can be used for loads to be lifted in a specific portion of the lift. The bottom end for example.

If you would like to find out more, don't hesitate to speak to or book a Re-focus appointment with myself or a Lab Coach.



Bitia Norooz  
LAB COACH / MILL HILL



## THE GO-TO MOVE FOR ANYONE WHO TRAINS



# SWIM WITH PASSION!

Swimming is one of the most popular sports in the UK. Our nation is surrounded by water and swimming is one of our great passions. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends. Swimming is a healthy activity that you can continue for a lifetime. It is a low-impact activity that has many physical and mental health benefits.

Swimming is a great recreational activity for people of all ages. Recreational swimming can provide you with a low-impact workout and it's also a good way to relax and feel good.

Common swimming styles in recreational swimming are breaststroke, backstroke, and freestyle. Butterfly is a lot harder and used by only more advanced swimmers!

**SWIMMING IS A HEALTHY ACTIVITY THAT YOU CAN CONTINUE FOR A LIFETIME.**

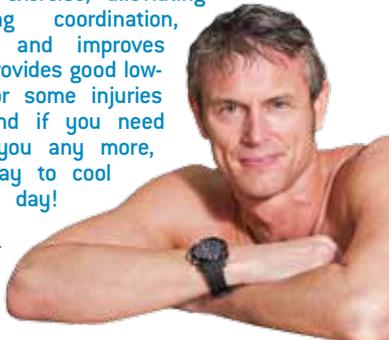
I had the world record for 50m Butterfly once upon a time, in case you didn't know!

Some people who enjoy swimming want to take it to a competitive level. This can provide the health benefits of a vigorous workout as well as the fun and thrill of competition. But it's also the gateway to many other sports. Let's face it, if you can't swim you can't do a triathlon, wind surf, water ski, play water polo ... the list goes on. But you may just want to float, and be non-weight bearing for 15 minutes or so, it's the closet you will get to being in space!

Swimming is a great workout because you need to move your whole body against the resistance of the water.

It's a good all-round activity because it keeps your heart rate up but takes some of the impact stress off your body. It builds endurance, muscle strength and cardiovascular fitness. Being in the water helps maintain a healthy weight, healthy heart and lungs. And if you are looking for a discipline that tones muscles, builds strength and provides an all-over body workout, as nearly all of your muscles are used, then getting in the pool is for you.

And if that's not enough, swimming is a relaxing and peaceful form of exercise, alleviating stress, improving coordination, balance, posture and improves flexibility. It also provides good low-impact therapy for some injuries and conditions and if you need me to convince you any more, it's a pleasant way to cool down on a hot day!



**MARK FOSTER**  
CHAMPION SWIMMER  
& LAB MEMBER





# PILATES: SIX PRINCIPLES

**P**ilates is Pilates because of the six principles. Joseph Pilates originally called his work "Contrology" – a body/mind/spirit approach to movement based on the combined integration of the six principles of centring, control, precision, concentration, breath and flow.

Through Contrology/Pilates his aim was to achieve what he saw in the animal kingdom:

*"Perfection of the physical form, strength, grace, agility, endurance, health and longevity."*



## CENTRING

Bring focus and stability to the centre of the body, "the powerhouse", the area between the lower ribs and the pubic bone. Pilates exercises are sourced from here.

## CONTROL

Complete muscular control and coordination – no part of the body is left to its own devices! The mind is in complete control of conscious, deliberate, refined movement patterns.

## PRECISION

There is appropriate placement, alignment and trajectory for each part of the body. Deliberate exactitude is more important than more repetitions without good form.

## CONCENTRATION

This promotes the mind/body connection as you focus and are mindful of each body movement.

## BREATH

The use of breath is integral – breathing fully, strongly and deeply. Imagine the lungs as bellows. The exercises coordinate with the breath.

## FLOW

Fluidity, grace and ease are goals applied and are the ultimate aim of all exercises. The energy of an exercise connects the entire body and flows evenly throughout.

It is these principles when put together in action that ultimately define Pilates and make it unique.

Louise Taylor  
PILATES TEACHER / MUSWELL HILL & MILL HILL



## WINTER INDOOR CYCLING TRAINING

**A**utumn is not far off and before we know it, the nights will start drawing in which means shorter days and colder temperatures.

It's important to keep a good level of fitness in the autumn and winter months so why not work on improving endurance, climbing and speed with indoor cycling? The environment can be a key factor, unpredictable weather conditions (especially in our summers) and change in temperature restricts even the hardened cyclist from attempting to ride out on the road.

Both clubs offer a range of different cycle programmes/sessions using the ICG 7 Indoor bikes, which can enable you to train in a comfortable environment.

Class duration can vary from 40–90 minutes. Working on multi-terrain speed, climbing tolerance, and interval measuring body tolerance.

Riding on the ICG 7 indoor cycle is a good cardiovascular exercise with many benefits but it would be wrong to think that these are immediate. Everything is a gradual process, which requires consistency and commitment.

However, for a good level of physical activity, it is ideal to reach 150 minutes per week, trying to be constant for at least three months.

Indoor cycling training is safe and effective and offers the following benefits:

### YOU BURN MORE CALORIES (IN LESS TIME)

On an indoor cycle, you pedal all the time - no traffic lights or stop signs! There are also no descents where you can coast, as you might during a downhill part of a road ride. This makes riding indoors more efficient when it comes to calorie burn. You can burn more calories on an indoor bike than out on the road in the same period of time at the same level of intensity.

### LOSE WEIGHT

One hour of cycling burns up to 500 calories. A valid ally against being overweight, especially in women: according to a research published in Archives of Internal Medicine, which studied the beneficial effects of cycling on pre-menopausal overweight women.

An hour of cycling, several times a week, has slimming and toning effects.

### PROTECTS THE HEART

Studies have shown that cycling is useful for the prevention of cardiovascular disease and prevents it from worsening in the elderly. Cycling, in fact, is a resistance sport and cycling gradually strengthens not only the heart but also improves lung ventilation.

### KEEPS JOINTS ACTIVE

Unlike running, cycling is a low-impact sport: by pedalling, we do not put pressure on the lower limb joints. That's why it is recommended for knees. Cycling improves muscle metabolism, especially for the benefit of glutes, quads, hamstrings and calves. It also strengthens the muscles and bones of the dorsal area, so the back also benefits.

The new indoor cycling classes at The Lab have everything members want from start to finish, enabling an awesome feeling for that real road cycling sensation and accurate tracking to live the challenge at anytime.

Members benefit from lower risk of injury as the bike takes the majority of impact, and not having the task of bike preparation for winter sessions and riding in uncomfortable conditions.

Richard Henry  
CYCLE INSTRUCTOR / MUSWELL HILL





## Hi Everyone

I'm Gemma Barlow and I'm now the new group fitness co-ordinator for Muswell Hill and very excited to become part of the team.

On Sunday 14th July we organised a Charity Zumbathon in the gardens of The Lab, raising money for Gloucester House – a school for children with social, emotional and mental health difficulties, their families/carers and the professional network around them. It was a fun day had by all. If you'd like more info on their incredibly valuable work, please check out [gloucesterhouse.net](http://gloucesterhouse.net). Thank you for all your support.



On Saturday 15th June, we all had a great (and tough) time at the new cycle class Power Ride with Marta and Richard. Members were taken through a 25-minute class through different colour zones and during this class found out their FTP – Functional Threshold Power, which is the highest average power you can sustain for 5 minutes measured in watts.

Power Ride classes started on the timetable from July and all participants taking part need their individual FTP number. Don't forget to download the ICG app before the class to store your results and keep track of progress. If you're not sure of anything, please speak to one of The Lab coaches to help you.

And finally thank you to all the instructors for working hard and making me feel welcome in my new role.

If you would like to offer any comments or suggestions, please don't hesitate to contact me or chat to me when I'm in the club.



Gemma Barlow  
GROUP FITNESS CO-ORDINATOR / MUSWELL HILL

## Hi Everyone

I'm pleased to say I have now been appointed Group Fitness Coordinator for Mill Hill, and will be looking after all classes that take place in the group fitness studio and in the pool. For those of you who don't know me, I have been teaching here at the Lab for 8 years – conditioning classes and Aquatics. I'm excited to have been given this opportunity and look forward to introducing some new and exciting classes during 2019.

This quarter has seen the introduction of the Les Mills GRIT programmes to our Mill Hill timetable. Recommended for the intermediate to advanced exerciser, there's GRIT Cardio and GRIT Strength. These classes are HIIT-based, which is high-intensity interval training, involving short, intense bursts of effort followed by periods of recovery.

This method of training is great for boosting your metabolic rate and for burning more calories long after your workout has finished as it creates the "after-burn" effect.

### WHAT TO EXPECT IN GRIT

GRIT Cardio is a 30-minute HIIT workout that improves cardiovascular fitness using a variety of body weight exercises. GRIT Strength is a 30-minute HIIT workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbells, weight plates and body-weight exercises to blast all major muscle groups.

### BENEFITS

- ✓ Improves strength and cardio fitness
- ✓ Increases lean muscle
- ✓ Builds bone density
- ✓ Burns calories
- ✓ Saves time in the gym

Why not add one or two of these sessions alongside your normal training regime for a time-efficient way to exercise providing the challenge and intensity you need to get results fast!

Look forward to seeing you around the club – and do come and chat to me at any time. We welcome your feedback, comments and suggestions.



Pana Kilikita  
GROUP FITNESS CO-ORDINATOR / MILL HILL





# INTERNATIONAL YOGA DAY

International Day of Yoga, or commonly and unofficially referred to as International Yoga Day, is celebrated annually on 21st June since its inception in 2015.

The day was first proposed by the current Prime Minister of India, Mr Narendra Modi, during his speech at the UNGA on 27th September 2014. He said:

*"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being."*

*It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards*

*adopting an International Yoga Day."*

Mr Narendra Modi, suggested the date of 21st June, as it is the longest day of the year in the northern hemisphere and shares a special significance in many parts of the world.

The Lab yoga teachers and students met to celebrate this day in the surroundings of The Lab garden. Members practised Iyengar yoga with Patsy, Kids' yoga with Cris. We then slowed down with Slow Flow and Mindfulness led by Marina.

The day finished with Kundalini yoga led by Siri Atma who also delivered a blissful gong bath session.

What a great day we all had! Look forward to seeing you same day, same time, next year.

Namaste. ॐ

## Hi Everyone

I'm Bea Durinikova – the new group mind/body studio co-ordinator.

I have been living and breathing fitness for the last 16 years; from teaching a variety of cardio classes and personal training to gym management. I am a fully-qualified hatha, vinyasa, rocket, yin and restorative yoga teacher. And I also teach hot yoga!

I do believe it is possible to achieve all personal health and wellness goals through balanced nutrition and yoga. I love being able to share my love for yoga and all the benefits it provides to everyone.

My Vinyasa/Flow class at Muswell Hill is on Wednesdays at 8.05am – please come and give it a go.

In the meantime – please welcome Cris Burtica to the schedule at Mill Hill, who has recently taken over Vinyasa/Flow on Saturday at 11.30am.

And a warm welcome back to Louise Taylor who has returned from her travels and is teaching Pilates in both clubs.

I look forward to meeting you either on the mat or around the club.



Bea Durinikova  
MIND/BODY CO-ORDINATOR / MUSWELL HILL & MILL HILL



## Thanks to the Lab

**M**y daughter, Katie was diagnosed with Acute Lymphoblastic Leukaemia in 2009. Three long years of having chemotherapy treatment daily and watching your child be so ill was heartbreaking.

In 2012 Katie went into remission and we could now concentrate on helping build herself up. She continues to visit Great Ormond Street Hospital every 16 weeks for a procedure due to the damage resulting from the chemotherapy, but this hasn't stopped her from leading a "normal" life. Instead of having physio, she swims and dances.

We as a family, wanted to give back and help other families, so in 2009 Team Katie was set up by Katie's godmother to raise funds for Children With Cancer UK. Team Katie has had over 45 runners in the London Marathon, won boxing matches in New York, succeeded the Three Peaks' challenge and conquered many more challenges.

We are extremely thankful for the support The Laboratory, Mill Hill has given Team Katie and all the staff has been right behind us and has been so generous.

Louise Oates  
MEMBER MILL HILL



## BAFTA WINNER



**F**ounding Laboratory Club member Roger Pratt, was diagnosed with Young Onset Familial Alzheimer's Disease ten years ago.

His deterioration was slow at first, and he was able to continue working (as a cinematographer) for a few years. In the last six months Roger has declined rapidly, but he has still managed the Brisk Walking class

twice a week until very recently.

In January this year, he was honoured with a BAFTA for his contribution to the film industry. Presented to him by Sir Michael Palin at a special tribute event attended by many he had worked with over the years, including Terry Gilliam, Mike Leigh and Alison Steadman.

Sadly he has little memory of most of the films he worked on, (including Batman, Harry Potter, End of the Affair and Brazil), but the DVD of the tribute is a great reminder for him and his family and friends.

After being a member at The Laboratory since it opened over 20 years ago, due to this recent change in his health, unfortunately Roger will no longer be able to visit this wonderful health club.

I feel sure his slow decline was partly due to his membership at The Lab – doing Aquatics and the Brisk Walking classes regularly and generally feeling at home there, amongst friends and staff members. So we thank you for your support in enabling him to enjoy and benefit from it for as long as he did.

Erica Phillips  
MUSWELL HILL MEMBER

## How to get your mojo back!

**A**s usual, a stressful day and I doubted I could make my scheduled PT session with Lab Pro, Wiola, so I grabbed my phone and immediately saw her last text ... "make sure you manage the treadmill intervals I set you as discussed when you're in next!"

It was no good, I couldn't let Wiola or myself down, so 40 minutes later I'm on the gym floor and she greets me with a big smile and shakes my hand full of energy. I stop myself from unloading my woes upon her and also admitting to potentially cancelling today. After a gentle but effective warm up, I'm nicely tingling all over and before I know it I'm totally focused and believe me, you have to be when you're swinging a kettlebell between your legs!

45 minutes later we finish with some assisted stretching for my hamstrings which eases that little low back niggle I've had from too much sitting at my desk. Who'd have thought I could get my leg in that position?

The session ends, I'm sweating, my muscles feel coiled and ready for more, but at the same time, I'm calm, relaxed and have some clarity. I've just been given my shot of Lab Pro motivation and to think I was going to cancel my session.

Look out world I'M BACK and I just wish they could bottle the stuff!

Caroline F  
MILL HILL MEMBER



# THE STAGES OF FROZEN SHOULDER



**F**rozen shoulder can be really painful and typically takes a long time to get better. The most common symptoms are pain and restricted shoulder movement in all directions, usually on one side, but it can affect both. More accurately known as Frozen Shoulder Contracture Syndrome (FSCS), it can affect day-to-day activities such as sleeping, getting dressed and reaching.

The shoulder complex is made up of a ball and socket joint surrounded by tissue called the capsule, reinforced by ligaments and muscles. In frozen shoulder, the capsule thickens and contracts, reducing mobility. We don't fully understand the reasons why frozen shoulders happen, however some cases can be triggered by a specific incident, such as a fall or prolonged immobilisation.

The way a frozen shoulder presents is commonly categorised into three phases:

**PHASE 1:** "Freezing" phase: when the pain is most intense, causing limited range and function.

**PHASE 2:** "Stiffness" phase: when the pain slowly subsides but the stiffness remains.

**PHASE 3:** "Thawing" phase: over time the pain and stiffness gradually resolves.

Each phase can last several months, and the overall time to recovery can be longer than a year! A thorough assessment is important to confirm diagnosis and establish an optimal treatment plan.

Depending on the phase of the frozen shoulder, the recommended treatment involves pain relief as well as stretching, mobilisation and exercises to promote mobility and better daily function.

For more advice and guidance, speak to one of our physiotherapy team who will be happy to help.

Harry Fountain  
PHYSIOTHERAPIST



**BODYBALANCE**  
**PHYSIOTHERAPY** is registered with all private medical insurers and have clinics at The Lab in both Mill Hill and Muswell Hill.

Appointments can be booked via their office on **020 818 3939** or online at **bodybalancephysio.com**



# HERBAL MEDICINE WALK & TALK

I held a very successful complimentary workshop on herbal medicine back in April, explaining how to easily make herbal remedies and where to find them in your garden or in the wild.

Showing specimens of what to look out for such as cleavers and nettles. It was lovely to see everyone getting involved and wanting to know more about the simple plants that give such possibilities to our health and healing.

We discussed which plants are useful to plant in the garden – for example lemon balm, a great herb, a topical antiviral and antidepressant and helps insomnia.

With much delight we tasted the leaves as a tea. Also we sampled a tea made of blackcurrant leaves which helps with

allergies and joint ache (another plant for the garden!).

Everyone was inspired, so following on, I hosted a walk to identify plants we can harvest for health (and which plants are best avoided).

The flavours and scents are just delightful this time of year and it will be worth drying the harvests for the following winter.

Soon to come is a workshop on berries and roots for the autumn harvest. There is so much to learn, but most importantly don't be afraid to try the simple wonderful herbs that are easy to identify and that are there for the taking!



Eva Zadah BSc [Hons]  
HERBALIST / MUSWELL HILL & MILL HILL



## DAY SPA PROMOTIONS

### SEPTEMBER

**ESPA SALT & OIL SCRUB / £42 £35**

This is an exceptional skin-softening body exfoliation combining sea salts and nourishing essential oils to leave your skin moisturised, smooth and soft.



### OCTOBER

**GUINOT HYDRADERMIE / £65 £59**

The Guinot Hydradermie facial deep cleanses, oxygenates and regenerates the skin. A regular monthly hydradermie will keep your skin in optimum condition. Adjusted to suit your skin type ... dehydrated, mature, oily sensitive or pigmented.



### NOVEMBER

**HOLISTIC TOTAL BODY CARE / £80 £70**

An all-encompassing treatment bringing harmony to both body and mind. Including a full-body exfoliation facial cleanse and relaxing scalp and back massage.



### DECEMBER

**EXPRESS MANICURE & PEDICURE / £55 £50**





## RAWPILATES

In April we celebrated the launch of the new Raw Pilates studio at The Lab, with a whole new look and feel and website – [rawpilates.co.uk](http://rawpilates.co.uk)

Formerly known as Classical Pilates, Raw Pilates offers both small-group Reformer and Tower classes, as well as 1-to-1 and duet sessions led by highly experienced instructors, based on the traditional form of classical Pilates, with a modern feel.

Whether you are looking to shed body fat, build lean muscle or improve your posture and flexibility, choose from Reformer sessions for a challenging, full-body workout, ideal for those looking to build core strength and overall fitness: or opt for a Tower session, designed specifically to strengthen and stretch muscles, as well as building stability and improving technique and posture.

Catering for all ages and fitness abilities, Raw Pilates' ultimate mission is to encourage you to challenge yourself and push beyond your limits, whilst being kind to your body at the same time.

To celebrate their re-launch, Raw Pilates are inviting Lab members to trial a complimentary group session, so come down to the studio by The Juice Bar or contact us today: [info@rawpilates.co.uk](mailto:info@rawpilates.co.uk) or 07412 025 205 and arrange your free class!

PLANET ORGANIC

*Eat Well, Waste Less,*  
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**10% OFF**  
FOR LAB MEMBERS

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111/117 MUSWELL HILL ROAD, MUSWELL HILL, LONDON, N10 3HS

Members enjoyed an exclusive **SECRET SUMMER SALE** on 24th June in the Sweaty Betty shop in The Broadway with teachers Angie Newson and Jane Wrafter. Members had the chance to bag a bargain before the sale officially started.

There was a pop-up cafe from **GOOD MOOD FOOD** and anyone who spent over £50, received a £15 voucher so thanks to Sweaty Betty, our lovely members look absolutely stunning [as usual].

Congratulations to members Linda May and Jacquie Billis who both won a pair of leggings each.



We would like to reduce the amount of paper used in correspondence with our members. Please help us do this by giving us your email address. Thank you.



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