

// M8 Schools and Richmond School Sports Partnership



As part of the gifted & talented programme in the borough, Motive8 have been commissioned to run two multi-skill academies, taking place at Sheen and Orleans Park Schools. These are commencing after the Easter break. The academies will cater for a select group of year 6 pupils from associated primary schools.

We will also be implementing our Motive8 Young Sports Leader Awards in several Primary schools in the borough throughout the remainder of the year. This course is currently running successfully in Marshgate and Malden Manor Schools.

Motive8 will be taking on more multi-skill provision from the gifted and talented programme in the future, including management of the talented athlete academy camps, and providing Young Sports Leader Awards in more schools across the borough.

"I am pleased and excited to be working with such a professional company, who can help us to improve the quality of our provision for young people in the borough"

Gary Palmer, Director of PE, Schools and Club Links



M8 Summer Holiday Camp

Motive8 and Kew Riverside Primary School are looking to run a summer camp for children ages 5-13 years. There will be a range of world sports on offer, plus cooking, music, arts and crafts. The camp will end with an Olympic Day where parents will be encouraged to watch their children take part.

Camp dates:
18th-22nd August, from 9.00am-4.30pm

To register your interest and/or receive more information as plans develop, please contact a member of the M8 Schools Team on:
0800 028 0198 or email info@m8group.net

Case Study // Kew Primary School



Motive8 have been delivering physical education at Kew Primary for 4 years. M8 coaches run 7 curricular and 5 extra-curricular sessions per week. The school utilise Motive8 to cover teachers' PPA time.

We ensure that group sizes remain small, working on a ratio of no more than 1 coach per 8 children (5-8 year olds) and 1 coach per 15 children (9-13 years olds). As a result of M8 sessions there has been an increase in the physical development of the pupils.

"Motive8 have become a vital resource in our school, fulfilling our physical education curriculum and enabling us to hit our targets for activity provision. The sports day is a huge success each year with children and parents alike"

Debbie Knight, School Business Manager, Kew Riverside Primary School



M8 Research

In partnership with the School of Sport and Health Sciences at the University of Exeter, we are assessing the effects of Motive8 sessions on children's health and fitness.

Our first project at St Mary's and St Peters Primary School was a great success. Whilst children learn inline with National Curriculum guidelines, we have proven that during our session's children achieve the Motive8 target of 50% of their daily physical activity requirements. Motive8 are striving to remain on the cutting edge of children's health research and future projects include: 'The effects of the M8 Young Leaders Award on children's self-esteem and well-being'.



M8 Training prepare Actress Amanda Holden for the London Marathon

Amanda employed the services of Motive8 and head trainer, Gareth Traves to prepare her for the London Marathon this year. Running the marathon has been a long standing ambition for Amanda, but being a busy actress and mother, finding the time to dedicate to training has been difficult.

Amanda has been training with Motive8 up to 4 times a week since November, and follows a programme provided by Gareth in her own time. Training for a marathon can be an arduous task, so variation is key. It's easy to pick up injuries and lose motivation if only long steady state running sessions are performed week in and week out. Therefore Amanda has been mixing up long steady runs with repeated hill sprints, interval sessions and high intensity, high repetition leg exercise sessions in the gym. Amanda has taken the challenge head

on, never missed a session and now even admits to enjoying pounding the streets.

In recent press articles, Amanda has been quoted as saying:

"What I love most about my training with Motive8 is their attitude and flexibility. My trainer works with my schedule and even though he pushes me hard, he also makes it fun"

On Sunday the 13th April, Amanda completed the London Marathon in a fantastic time of 4 hours 13 minutes, making her the fastest female celebrity. Amanda is delighted with her time and after having a week off to relax will be back training with Motive8 to stay in shape for forthcoming acting roles and her wedding at the end of the year.

The Motive8 Training Team

Motive8 believe in a multi-disciplined approach to training, specialising in sports rehabilitation, strength and conditioning, nutrition, pre/post natal fitness and pilates. We employ 12 full-time personal trainers and sports rehabilitators in West, South-West and Central London. This makes Motive8 the largest personal training company in the area. Having such a strong team of experienced, qualified trainers means that we can be completely flexible with our clients, fitting to their schedules at all times, never missing a session. Unlike other training companies we work together as a team combining all expertise to get the best results for you.

To view the M8 Training team and all services we offer visit: www.m8group.net/training

State-of-the-art training studio in Kew, West London

We are excited to announce the opening of our new Personal Training and Pilates Studio in Kew. The M8 Training Studio offers:

- One-to-one and Buddy Personal Training
- One-to-one and Buddy Pilates
- Small Group Fitness Classes
- Sports Rehabilitation
- Massage
- Beauty Treatments

...and has a complete range of equipment:

- Cardiovascular
- Free weights, Olympic bars, cable motion resistance machine
- Plyometric platforms, climbing rope, Olympic rings, kettle bells, medicine balls
- Balanced Body Pilates
- Musculoskeletal rehabilitation, video gait and biomechanical analysis technology



Why choose M8 Personal Training?

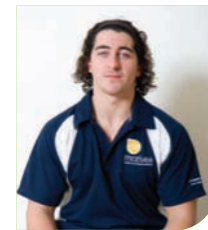
One-to-one tuition ensures that you train efficiently, maximising every minute of the time you dedicate to exercise with us. Motive8 trainers educate you throughout your sessions to ensure you go away confident in how to train correctly between sessions.

Save £'s by booking block sessions!

Book 10 sessions - get 1 FREE
Book 20 sessions - get 3 FREE

Talk to your trainer to book this offer.

M8 Trainer Profile: Dave Thomas



Age: 26
Born: Penzance, Cornwall
Enjoys: Surfing, running, cycling, swimming and the gym!

- Qualifications:**
- BSc (Hons) Sports Science Strength & Conditioning (advanced Personal Training course)
 - Sports Specific Training
 - SAQ Plyometrics
 - Kettle Bell Masterclass

Training Motto:
"There is no substitute for fitness"

Dave's Recommended Exercise:



One-handed Kettle Bell Snatch: This is a power movement that works the whole body.



Dave's Favourite Exercise:



Body Weight Pectoral Fly using Olympic Rings: This exercise involves a large amount of core strength and shoulder stability.

Train for a summer 10K:

Chris Stephens, long standing Personal Training client and chairman for Tradecraft has a number of places available for the London 10K on the 6th July. We at Motive8 strongly support the event and a number of staff are running to raise money for the charity www.tradecraft.co.uk

If you are interested in running alongside the Motive8 team, please advise our Personal Training manager, gareth.traves@m8group.net

For event details visit: www.thebritish10klondon.co.uk

Case Study // Icona, Telford Homes 'The future development of East London'

Telford Homes and Motive8 have recently installed a 180m² facility into their new Icona development in the heart of the Olympic regeneration zone. Residents have exclusive use of an extensive range of cardiovascular equipment and a full express resistance circuit, plus access to Motive8's induction and e-training package. This will act as an invaluable sales incentive as health and fitness facilities are an integral feature of new developments nationwide.

Motive8's design service for Icona included Life Fitness CV and strength equipment, Gerflor flooring (an official supplier for 2012 Olympic facilities), LG audio visual and high specification mirrors and lockers. Motive8's service continues following installation providing onsite gym inductions and equipment maintenance.

Motive8 gym inductions are offered to all new residents free of charge and M8 e-training at a discounted rate, allowing them to train safely and maximise the use of the facility.

"We employed the services of Motive8 to install and manage the gym at our Icona development. Motive8 understand the importance of quality customer service, are experienced in the residential market, provide quality, experienced staff and offer a fantastic aftercare fitness package for residents".
Barry Jarvis, Telford Homes



Out now!
New brochure for M8 Health & Fitness facilities



Innovative online training system: e-training launches in all M8 residential gyms

Motive8 e-training is a convenient and affordable alternative to personal training available to users of any M8 residential gym.

Our 12 week course enables you to choose from 4 levels to suit your fitness and specific goals. Each programme is designed to work with the equipment available at each fitness facility and users are able to record their progress online. The personal member's area within the website also provides a useful diet diary and an extensive exercise library with training tips to motivate and ensure correct training technique.

By subscribing to e-training, our expert personal training team is also available to answer any questions or give advice as necessary either online or in person. You will also have the option of meeting a trainer one-to-one on a regular basis, a great tool to track your progress, keep you motivated and/or seek advice.

See www.m8group.net for more information.

