



**motive8**  
health and fitness redefined

# insidetrack

the latest news from **motive8** health & fitness

**In this issue:** Healthy eating tips from our Nutritional Therapist // **motive8** pilots its Active Involvement course

**Q2 2009**



“My gym work has come on leaps and bounds now that I understand the importance of what foods and drinks to take and when to support my training. Maybe I'll be able to run that marathon after all!”



“I lost weight, felt better within 3 weeks and didn't feel like I was on a diet of any kind.”



## // Eat well, live well

In a bid to continually develop our personal training service into a 'complete' package, **motive8** has teamed up with Hilary Davies, a qualified Nutritional Therapist and Nurse from The Nutrition Coach in Hampton Wick.

In order to integrate the benefits of Nutritional Therapy across **motive8's** training department, all personal trainers were invited to attend a half day workshop. The first session delivered by Hilary, focused on educating trainers on how best to nourish themselves as well as identifying the most common and important client health issues that could benefit from individualised food programmes and nutritional advice.

Delivering the workshop alongside Hilary was renowned Nutritional Therapist, Antony Haynes. Recognised as a leader in his field, Antony has worked with World Class International athletes as well as a number of celebrities, including Angelina Jolie during the filming of Tomb Raider.

Throughout the session, Antony explored the importance of adrenal hormones on training, performance & overall health before demonstrating a selection of in-clinic adrenal function tests. He also described the process of assessing competitive athletes alongside simple yet effective methods of identifying over-training.

For every **motive8** client that signs up for Nutritional Therapy, Hilary will establish health goals, talk about health history and explain what is going on in our bodies to make us feel the way we do. An individual food programme is also prepared, recommending what to eat and when, alongside any nutritional supplements to help get the maximum benefit. No fad diets involved!!

For more information on Hilary's nutritional services, contact a member of the **motive8** Personal Training team.

## // PT in a package!

Making the decision to get fit is the easy part but knowing where to begin isn't always so simple. That's why at **motive8** we've designed three simple packages – Motivate, Rehabilitate and Accelerate – to offer clients a flexible yet focused approach to achieving their health and fitness goals.

**1/ Motivate** offers personal training sessions with an experienced and qualified trainer to improve your overall fitness and quality of life.

**2/ Rehabilitate** provides advice and treatment from a qualified rehabilitation professional on how to fix niggling aches and pains prior to commencing training or how to rehabilitate injuries gained during exercise.

**3/ Accelerate** combines the effects of personal training with nutritional advice to speed up and maximise your health and fitness goals.

Choose one or a combination of packages to design the perfect tailor-made programme! Contact **motive8's** Personal Training Manager, Gareth Traves, for more details.

### // What's on at the **motive8** studio?



### // Alex is back!

February saw the welcome return of Alex Thomas, one of our longest standing personal trainers and rehabilitation therapists. Alex returns after almost a year away from **motive8**, having taken time out to have a baby.

Alex will largely be based at our training studio in Kew, working every Monday and Wednesday. In addition to resuming her one-to-one sports massage and personal training sessions, she is keen to offer ante and post natal services.

### // Miss it, miss out

New for 2009, **motive8** is offering reduced rate personal training during off-peak hours at our state-of-the-art studio in Kew!

Between the hours of 9am and 3pm, you can book a one hour personal training session for just £40.25 (our usual rate is £60).

### // **motive8** gets classy!

We are planning to grow our provision of small bespoke fitness classes, including circuits and an early morning boot camp, both to be run at our studio.

However, if there is a particular class that you would like to see run for you and a minimum of 4 friends/colleagues, then please let us know and we'll do our best to schedule it in.



### // Seven easy ways to eat your way to a healthier lifestyle

- 1/ Eat regular meals every day – breakfast, lunch and dinner and a snack or two. Vital for energy, wellbeing and top performance.
- 2/ Drink water or herbal teas during the day, amounting to at least two litres a day. Hydration is key to energy and good mental concentration. Dehydration is the first thing that upsets your ability to exercise well.
- 3/ Eat protein at each meal for sustained energy and recovery from exercise.
- 4/ Eat fresh vegetables at lunch and dinner. They're vital for vitamins, minerals, fibre and health-promoting phytonutrients.
- 5/ Vary your sources of wholegrains from wholewheat bread & pasta to include more brown rice, quinoa and buckwheat. Your body needs a wide variety of nutrients, not from just one food source.



6/ Eat small meals rather than large. Large meals cause fatigue because digestion uses so much energy, and the more you eat the more energy is diverted to that process and away from your muscles and brain.

7/ Have no more than one cup of coffee a day, and have this in the morning. Stimulants in excess typically lead to fatigue and can stress your body unnecessarily.  
[www.thenutritioncoach.co.uk](http://www.thenutritioncoach.co.uk)

### // **motive8** renews sponsorship of Bushy Park 5K

In continued support of the National Benevolent Fund for the Aged (NBFA), **motive8** is once again sponsoring the Bushy Park 5K run.

This year's event is scheduled for June 14th and aims to raise money for this hugely worthwhile cause. If you or anyone you know is interested in taking part, please call **motive8** for an application form.



### // Case study // Honeycombe Chine, Boscombe // Barratt Southampton



Honeycombe Chine is a beautiful and unique development of 169 exclusive apartments in a superb beachfront location - Boscombe Beach. The scheme is situated to the east of the infamous Sandbanks Peninsula, from where resident Harry Rednapp came to officially open the new Honeycombe Chine fitness facility.

All apartments are finished to the usual high specification associated with Barratt Homes together with a 24 hour, 7 day a week concierge, CCTV, electronic gates to the car park and now, a state-of-the-art onsite fitness facility, designed and installed by **motive8**.

Set over almost 1300 square feet, the new gym offers a comprehensive selection of Life Fitness cardiovascular equipment alongside strength and resistance apparatus to provide a full body workout. There is also floor matting, a good selection of free weights and Swiss balls for core stability exercises.

The gym is open 7 days a week and utilises a secure key fob access system to ensure exclusivity for residents as well as an enjoyable and comfortable workout environment at all times. Residents also have access to the **motive8** training team, who is on hand to supply a full onsite personal training service.



### // The **motive8** team gets motivated!

As part of **motive8's** ongoing commitment to personal development for its entire workforce, an annual training day was hosted at the **motive8** head office by Donna Hodges of Hodges Training Consultancy.

The day presented a rare opportunity to bring all departments together under one roof, with schools coaches, personal trainers, rehabilitation therapists and head office staff all working alongside each other.

Activities included a number of team building and communication-based sessions together with the Myers Briggs Type Indicator (MBTI) test, which helps identify the different personality types that exist within any group and how these combine to give an overall company profile. The aim was to help individuals grasp a better understanding of the varied approaches that certain people take towards tasks and how best to adapt to them to maximise performance. It also helped to highlight individuals' strengths and weaknesses as well as suggestions for personal development and ways to contribute to company decisions.  
[www.hodgestraining.co.uk](http://www.hodgestraining.co.uk)



### // Gateway to success

Why is the **motive8** gym at the Gateway in Leeds such a success?

- / Exclusive 'Residents Only' access
- / Over 500 inductions since opening in January 2008
- / Average cardiovascular equipment usage exceeding 1000 hours since opening
- / A 20% higher lettings ratio than competing nearby schemes over the last 12 months
- / Free to use on a daily basis

Contact **motive8** on 0800 028 0198 for more details on how an onsite fitness facility could benefit your development.

### // **motive8's** university challenge

The **motive8** management team recently set students studying Management Consultancy at St Mary's University College in Twickenham an assignment as part of their coursework.

**motive8's** Sarah Cleland-Smith and Layla Smith asked the students to formulate a recruitment strategy that would help overcome the problems we currently face in developing the company.

The overall project brief will see the students identifying a clear human resources strategy for part and full-time staff, defining what our recruitment and induction procedures should be as well as setting out clear guidelines for career progression and personal development in order to retain staff.

As well as fulfilling their course requirements, it is hoped that the students' findings will provide some invaluable advice for **motive8** to assist in successful future growth.



## // Game for it!

**motive8** coach, Joe Donnelly, has been running lunchtime playground games at Meadlands Primary School in Ham to help children remain as active as possible throughout their break time, thus reducing disruption in the playground.

Teachers from the school have reported that the sign up sheet is full almost every day, with Dodgeball in particular proving extremely popular.

Children that completed the Sports Leaders UK Young Sports Leader Award with **motive8** last year have been assisting Joe in running the lunchtime provision and are gaining a huge sense of achievement from it. Joe has now left a structured system in place that is sustainable to run within the school on a week-to-week basis.



“**Joe’s impact on our school has been very motivating. He has helped improve individual children’s organisational skills and confidence to become effective leaders. His enthusiasm and ideas have helped implement lunchtime game leaders into Meadlands School.**”

Katrina Howard, Year 6 Teacher, Meadlands Primary School

## // Coaches get trained!

Whilst the school holidays may spell a break for the children, the **motive8** coaches are working hard to prepare for next term’s sports provision.

This Easter, the coaches will be undergoing a variety of training, including Child Protection, Young Sports Leader Award (YSLA) along with internal skills sharing between specialist **motive8** coaches.



Sports Leaders UK will ensure all **motive8** coaches are up to speed with any developments in YSLA delivery in time for the autumn term, when we will recommence teaching the award for Richmond School Sport Partnership.

The coaches will also be attending a Child Protection course. Run by Sports Coach UK, the programme educates coaches on how to identify children who may be experiencing personal or school-related problems and what procedures to follow to ensure the best welfare of the child.

Lastly, our schools coaches will be sharing their own knowledge via a number of internal skills sharing sessions. This has proved extremely beneficial in the past, increasing both the coaches’ individual knowledge bases as well as **motive8’s** flexibility and adaptability of provision.

## // Active Involvement trialled at St Mary’s St Peter’s Primary School

Pioneered by **motive8**, Active Involvement utilises a specially-formulated work pack to assist children who are struggling to engage with numeracy. Adhering to the strict guidelines of the National Curriculum, it helps children discover a fun route to learning using a teaching method referred to as ‘Active Numeracy’. By enabling the school to increase less able pupils’ enjoyment of numeracy in a fun, active environment, it is hoped that eventually they can take as much pleasure from numeracy as other students do.

The course was recently piloted at St Mary’s and St Peter’s Primary School in Teddington and was run over five weeks during curricular time. The response has been extremely positive; the children were engaged, excited and keen to see it through to completion.



“**I got some really positive feedback from the children about Active Involvement who said they ‘loved’ the session and wished they could do it every week.**”

Rob Waiting, Numeracy Coordinator, St Mary’s & St Peter’s Primary School

## // **motive8** sponsors School Travel Plan at Kew Riverside Primary

As part of its School Travel Plan, Kew Riverside Primary School has launched a walk to school campaign. In support of this, **motive8** is sponsoring the initiative by supplying high visibility tabards for children and parents.

Two routes have been planned, with families meeting at Kew Retail Park or Chiswick Bridge to commence the walk to school.

