

Unique Wagga gym caters to needs of all

WAGGA'S unique fitness, well-being and rehabilitation service Gentlex is celebrating its first birthday.

Gentlex is the only business of our kind in and around the Wagga area, offering non-weight bearing exercises to people who are undergoing rehabilitation, living with arthritis, osteoarthritis or sporting injuries or pre and post-op patients.

Through the provision of the Shapemaster toning system, Gentlex is enabling members of the community to access pain-free rehabilitation and muscle strengthening activities.

Developed overseas after consultation with doctors and physiotherapists, Shapemaster is regarded as an alternative way to exercise to the high impact, percussive and joint-stressing

routines that are found in the traditional gym environment.

Shapemaster equipment assists people in remaining fit and healthy through safe shaping of the human body.

Gentlex offers clients a friendly and warm environment to exercise with four helpful and caring staff members who are fully trained to ensure they are equipped to offer advice to participants, and design programs tailored to suit each individual.

Making Gentlex easily accessible to clients, the business is centrally located in the South Wagga complex.

There is plenty of parking, and the business is close enough to the centre of town that clients are not inconvenienced who need to access in-town doctors or physiotherapists

during the same trip.

New clients joining Gentlex can advised they can take advantage of an exciting 'birthday special' until August 3.

People can join for three months for just \$300 – a saving of \$96 – when they purchase and pay in full on the day.

As-well-as enjoying the special offer, new clients will also go into the draw to win two tickets to Pink's Melbourne concert on August 17.

Gentlex opens Monday through to midday on Saturday.

Monday, Wednesday and Friday the speciality gym is open from 8am to 6pm, while the clients can access the business from 8am until late on Tuesdays and Thursdays.

As the weather warms up, the opening times will change.

Reap the Gentlex benefits

- ▶ Pain free rehabilitation
- ▶ Improved blood and lymphatic circulation
- ▶ Reduce blood sugar and blood pressure levels
- ▶ Improve mobility and flexibility
- ▶ Improve posture
- ▶ Muscle strengthening and toning
- ▶ Power tone plus pilates exercise technique
- ▶ We have fully trained staff who are able to tailor and design programs best suited to each individual client

Make a change for the better

AN unhealthy lifestyle will raise your blood pressure over time.

And the higher your blood pressure becomes, the higher your risk of having a stroke or heart attack in the future.

But the good news is that if you have high blood pressure, healthy changes – like regular exercise – will help to bring it down.

And you don't have to wait until you have high blood pressure to make healthy lifestyle changes. The more you can reduce your blood pressure, the lower your risk of a heart attack or stroke will be.

What is osteoarthritis?

OSTEOARTHRITIS is a joint disease that mostly affects cartilage.

Cartilage is the slippery tissue that covers the ends of bones in a joint.

Healthy cartilage allows bones to glide over each other and helps absorb the shock of movement.

In osteoarthritis, the top layer of cartilage breaks down and wears away.

This allows bones under the cartilage to rub together. The rubbing causes pain, swelling, and loss of motion of the joint.

Over time, the joint may lose its normal shape and bone spurs may grow on the edges of the joint.

Bits of bone or cartilage can break off and float inside the joint space, which causes more pain and damage.

People with osteoarthritis often have joint pain and reduced motion.

Unlike some other forms of arthritis, osteoarthritis affects only joints and not internal organs.

Osteoarthritis is the most common type of arthritis and most commonly occurs in older people.

However, younger people sometimes get osteoarthritis, primarily from joint injuries.



Party time at Gentlex

THE studio is very excited to be celebrating our first birthday.

To mark this momentous occasion, we will be holding a party on Saturday August 3 from 10am.

The festivities will run through to 4pm, and will be packed with plenty of

exciting activities.

There will be a sausage sizzle, face painting, machine demonstrations as well as Bowen therapy, manicures and express massages throughout the day.

There is sure to be something for everyone.

Congratulations to Janet and Gentle X on your 1st Birthday

Ph: 6971 9133 or 0408 694 154
11 Moorong Street, Wagga
(next to Southwest Stockfeeds) RM1952083

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Congratulations to Janet and staff of Gentle X on your 1st birthday

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AGnVET

Services

Congratulations on your 1st Birthday, all the best for the future!

From all the team at AgnVet Temora

AGnVET Management Services Pty Limited
ABN: 91 087 675 465
Cnr Beelah St & Barmedman Rd (PO Box 362) TEMORA NSW 2666
Ph: 02 6977 4222 Fax: 02 6977 4666
Email: temora@agnvet.com.au Web: www.agnvet.com.au

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Congratulations to Janet and the staff of Gentle X on your 1st birthday

WAGGA CITY AUTO CENTRE
2 Cheshire Street Wagga Wagga

RM1950745

South Wagga Butchery

Congratulations to Janet and staff of Gentle x on your 1st birthday

Unit 14/28 Murray Street
(Near Australia Post)
Ph: 6921 1492

RM1951858

Joy shares her life-changing Gentlex journey

MY name is Joy and this is my journey using the Shapemaster tables which started in April 2008. I was your typical couch potato and weighed in at over 180 kilograms.

As I have had osteo-arthritis since I was very young, I was in extreme pain 24 hours, 7 days a week.

I saw a quick ad on TV and decided I would give it a go.

I went in for my first trial and signed up that very day.

I was blown away by these wonderful pieces of machinery.

All I had to do was lie on a table and a machine was doing the exercises for me – without pain.

As time went by, I noticed my clothes were getting looser on me and as I measured myself, I started to lose inches.

But by September 2009, my body had plateaued and I felt that nothing was going to work.

After a doctor's appointment, my doctor

changed some of my medication and, by miracle, I started losing weight again.

I put all my effort into the exercises on the Shapemaster tables and by the end of 2011, I had lost over 60 kilos. I use the tables as often as I can through the week as they keep me moving, help me to control my weight and generally help me to feel great.

I have osteo-arthritis through my body but with the use of the tables my pain levels are kept at a low minimum.

I would advise anyone to try the Shapemaster tables, as they are the best form of exercise for people who cannot attend regular gyms.

We exercise in a friendly atmosphere with great staff to help at all times.

I should know as from the beginning of August 2012, I became manager of Gentle X Shapemaster Studio.

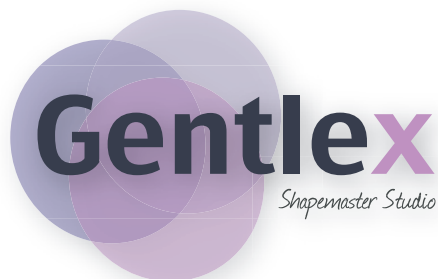
I am now able to pass on my history and help others to achieve what I have been able to do.



**Gentle X, the Catalyst for significant change in many lives...
...great work Janet, 1 year down, many more to come!!
From the team at Catalyst Accountants.**

Temora & Coleambally
enquiries@catalystaccountants.com.au
PH: 6977 4333

RM1952003



**1st BIRTHDAY CELEBRATION
3rd AUGUST**

Trust In Yourself Never Give Up

Come in and see demonstrations of our Shapemaster equipment

- Giveaways for the children
- Free mobility assessment by trained consultants
- Bowen treatment, massages and manicures on the day
- Sign up for a DISCOUNTED membership on the day, you and a friend could be off to Melbourne to see PINK live in concert
- Sausage sizzle, gold coin donation to Kidz Kottage
- So come in and see the friendly staff.

PH 69 324 300

199 MORGAN ST WAGGA