

Press Release

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New Year, new you: Fitness testing can help you stay on track

- **London Met launches fitness testing to help you achieve your training goals**
- **Fitness is not just numbers on a weighing scale**

January remains the busiest month for gyms across the country as people head into the New Year with new health resolutions after a month of festive indulgence.

As January draws to a close the gym crowds thin out as sticking to new regimes becomes harder and harder.

“January has become a time in which we feel pressure to make changes to our health.

“At this time of year the media is full of new diets and advice on what to change and how to change it,” says health psychologist Dr Esther Murray, Course Leader at London Metropolitan University.

“The problem with these suggestions is that they are not tailored to our actual needs and capabilities, so we tend to lose motivation as we can’t live up to unrealistic goals.

“Attending a gym where your fitness levels will be monitored means that people can see the progress they’re making and tailor their regime to their progress. In terms of keeping up motivation, there is also no substitute for the social support that comes from interacting with friendly professionals who have a genuine interest in your wellbeing.”

January can be a great time to start healthier regimes and there are better ways to gauge your success beyond your weighing scales.

“As you exercise you build muscle mass,” says London Met’s Sports Therapist Raffaella Pontonutti.

“It’s common knowledge that muscle weighs more than fat but if people don’t see a difference on the scales it can be disheartening and harder to stay on track. Visible results also take time but you can track your progress in other ways.”

London Met has launched fitness testing which monitors your fitness levels and offers treatment and biomedical training if needed.

“By evaluating your practical fitness levels you can see progress in a different way,

fitness is not just numbers on a weighing scale, the more you can do, the prouder you will feel”.

-Ends-

Notes to Editors

- Sessions can be booked by members of the public and are available on demand. Rates are between £120-150 per hour. Discounts will be offered to staff, students and alumni.
- Appointments can be made through Raffaella Pontonutti on r.pontonutti1@londonmet.ac.uk
- London Metropolitan University also offer professional level fitness treatments and sports massage to help you through any injuries. Prices vary from £10 for students to £22 for the public. Staff and alumni are charged £15; an exceptional value compared to the normal rate of £50 for a private clinic.

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About London Metropolitan University

London Met has been providing education to people from all backgrounds since 1848, with the creation of the Metropolitan Evening Classes for Working Men.

Four faculties teach cutting-edge, relevant courses across the arts, sciences, business, law and humanities. Accelerator – London Met’s specialist business incubator – helps graduates get their enterprises up and running and was named among the Top Five ‘Most Active’ accelerators in Europe in 2015, highlighting its contribution to London’s booming start-up industry.

London Met is home to world-leading academics who regularly give expert comment to the media. The University scored well in the 2014 Research Excellence Framework, being ranked 4th in the country for Area Studies and performing strongly in Education and Social Studies.

The University is strongly focused on employability. In 2015, London Met recorded its highest ever graduate employment score, with 91.1% of all 2013/14 graduates in work or further study six months after graduation.

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