

FLEX

BY VMX > VOLUME 3

THE POWER
OF SPIN

NEW SPIN STUDIO AT VMX

THE SCIENCE OF
SLEEP

ALL-IN-ONE CABLE
WORKOUT

*Stay cool in
our pool*

VMX Members can access the rooftop swimming pool at Trademark Hotel. Pick up your pool pass from the VMX reception desk to take the plunge!

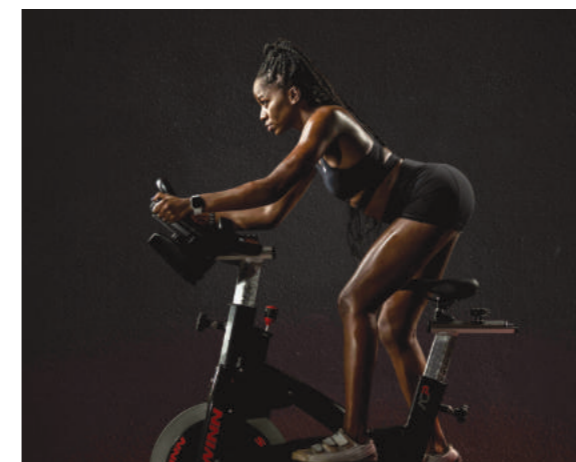


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A VMX Publication
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6 REASONS TO SPIN AT VELOCITY

Spin classes have become increasingly popular in recent years, and for good reason. Not only do they provide a high-intensity, full-body workout, but they also offer a fun and supportive environment for individuals to achieve their fitness goals. Here are six reasons why our spin classes are good for your physical and mental health:

1. CARDIOVASCULAR FITNESS

Spin classes provide a vigorous cardiovascular workout, which is essential for maintaining a healthy heart and lungs. This type of exercise increases heart rate and blood circulation, resulting in a stronger and more efficient cardiovascular system. Besides improving your aerobic capacity, cholesterol and triglyceride levels, blood pressure, and body composition, spin classes are also a low-impact form of exercise, making it an ideal option for individuals with joint pain or injuries.

2. STRENGTH AND ENDURANCE

Spin classes incorporate resistance training into their workouts, which helps to build strength and endurance. By using resistance on the stationary bike, participants can increase the intensity of their workout and challenge their muscles, leading to improved overall fitness. It really is a full-body workout on the bike, as you will work your legs, glutes, back, and core. It's also a great way to build muscle without getting bulky.

3. WEIGHT LOSS

Spin classes are an excellent way to burn calories and lose weight. The high-intensity nature of the workout means that individuals can burn a significant number of calories in a short period of time, and will continue to burn calories after class too. Additionally, the combination of cardio and strength training means that participants can lose fat and build muscle, leading to a leaner, more toned physique.

4. MENTAL HEALTH BENEFITS

Spin classes offer more than just physical benefits. The high-energy environment, combined with the motivation and encouragement of the instructor, can result in improved mood and reduced stress levels. The endorphins released during exercise are known to boost mental well-being, and the sense of accomplishment that comes with finishing a challenging workout can be incredibly rewarding.

5. COMMUNITY AND SOCIAL SUPPORT

Spin classes provide a supportive environment for individuals to achieve their fitness goals. The group dynamic of the class creates a sense of camaraderie, and participants are able to motivate and encourage each other during the workout. Additionally, spin classes offer a fun and engaging alternative to traditional exercise, making it easier for individuals to stick to their fitness routines.

6. CONVENIENCE AND FLEXIBILITY

Spin classes are available at various times throughout the day, making it easy for individuals to fit a workout into their busy schedules. Additionally, the variety of classes offered, such as low-impact, high-intensity, and beginner classes, means that there is something for everyone, regardless of fitness level or experience.

Ready to try a class? Then check out Velocity, the new spin studio by VMX Fitness. The studio aims to revolutionise indoor cycling with its state-of-the-art equipment and immersive workout experience. Equipped with professional Schwinn spin bikes and integrated with industry-leading software, you can now compete with other riders through interactive performance tracking and a leaderboard displayed on a big screen, resulting in an engaging and motivating workout environment.

To find out more head to:
www.vmx-fitness.com/velocity



WHY BMI IS **NOT** AN ACCURATE MEASURE OF FITNESS LEVEL OR HEALTH RISKS

Have you ever been told by a doctor that your Body Mass Index (BMI) determines whether you are healthy? Or have you used an online BMI calculator and felt good or bad about yourself based on the results? The truth is, BMI is not a reliable measure of your fitness level or health risks and may even give you false reports.

What is BMI?

BMI was developed in the early 19th century by mathematician Lambert Adolphe Jacques Quetelet as a quick way to measure obesity in the general population. It is calculated by dividing an individual's weight in kilograms by the square of their height in metres, resulting in a number that categorises them as underweight, healthy, overweight, or obese.

However, here are the issues with BMI:

- BMI does not consider important factors such as age, muscle mass, bone density, water retention, waist measurements, or body fat percentage.
- It also ignores blood pressure, cholesterol, cardiovascular problems, and lifestyle factors like activity level, smoking, alcohol consumption, stress, and sleep.

- BMI does not indicate a person's problem areas, and body fat distribution is a critical predictor of health.
- Muscle weighs more than fat, so a person with a lot of muscle may have a low body fat percentage, strong muscle mass, and a high BMI score, leading to a misleading classification as 'overweight'.
- Even the creator of BMI, Quetelet, did not advocate his ratio as a general measure of body build or fat.

A better way to evaluate your health and fitness level is to measure body fat and distinguish between fat and muscle mass. Health facilities and gyms often use 3D body scanning technology like Styku to provide accurate and visualised data on health risks and problem areas. Styku scans your body in a 360-degree view and offers an activity level and calorie calculator, allowing you to track your progress with real-time images of your body.

If you want to learn more about Styku 3D Body Scans, or book your appointment at VMX, visit www.vmx-fitness.com/body-scan. It's time you got accurate measurements of your health and fitness level.



Book your appointment at VMX today for a 3D body scan with Styku – the most advanced non-intrusive body scanner in the world

YOUR 3D BODY SHAPE

Styku recreates your body in 3D and shows you how your shape is changing over time

FAST & NON-INVASIVE

Uses harmless infrared light. Completely private. Takes only 35 seconds

DATA THAT MAKES SENSE

Extracts waist, hip, thigh, body fat%, and more with medical-grade precision

TRACK PROGRESS

See fat loss, calories burned and activity levels over time

WHAT IS
**3D BODY
SCANNING?**


Styku
SHAPE YOUR FUTURE

KAYA
— URBAN SPA & WELLNESS —




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**YOUR NATURAL
CITY ESCAPE**

TRANSFORMATION STORY

RICHARD GITUKU

Richard Gituku has been a VMX member for many years. Determined to lose weight, he enlisted the help of VMX trainer, Richard Gitau, in September 2022, and tracked his progress using the gym's Styku 3D Body Scanner. This is the story of his fitness journey.

How long have you been a member at VMX Fitness?

Since it opened in August 2021. And I was even a member of the gym that was here before VMX.

What inspired you to start working out in the first place?

Body confidence. I never used to be this fit. I was so big. When I was nine or ten years old, I was already 80kg. I'm serious! My dad used to buy trousers for me and then cut them at the bottom. Trousers for kids my age wouldn't fit me. So it's been a struggle.

And how long have you been training with Richard Gitau at VMX?

I started training generally in 2014, but I only seriously began trying to lose fat in September 2022 when I started with

Richard. By this point I was frustrated. I had not seen the fat loss I was promised. So we did the Styku 3D Body Scan when I was 95kg. And then, over time, as I was seeing the changes, I became more motivated to continue. So by the close of last year, we had already reached our target, which was 85kg. Now we're really pushing and I'm at 80kg. We've dropped 15kg in total and I'm quite happy with that!

And we can see you're gaining muscle as well.

Yes, now that's what I'm excited to see with my next Styku Body Scan – if I've been losing muscle mass or gaining it. I'm actually very excited to go and see what has changed.

How would you describe your training programme with Richard?

We started with a shred programme, as we wanted to know our starting base. So we wanted to strip down the fat, get to as much lean muscle as possible, then we build from that.



Initially we were training five days, Monday to Friday. Then when we started stepping down the food – the carbohydrates.

So, what would you say was the biggest challenge for you?

The biggest challenge was not even the exercise; it was the food. Richard gave me an exercise and a diet plan. But I knew the main focus had to be my diet. We were mainly stepping down the carbs more and more every month. The protein remained fairly the same throughout.

How did this new plan make you feel?

Before your body adapts, you're basically crashing throughout the whole thing. I was tired for most of the time at the beginning. But at least when you get to the end you're motivated more by the results. And the truth is, if you really want the results, you have to focus on your diet.

Would you say working out has improved other aspects of your life?

Yes. The body confidence is now there. Having the goals that you have chased for a really long time be there at your doorstep makes you even more confident, because you are encouraged to take on more goals, and you know that you can actually achieve them. You can do anything that you put your mind to.

Did you have to buy a whole new wardrobe?

That's what I'm doing now. I have dropped three waist sizes since I started with Richard.

What are your goals going forward? What is the next step for you?

Firstly, rest. It's been a gruesome five months. I want to rest for at least a month or two, to see if I can maintain this physique for now and then from there probably work on a bit of mass and a bit of strength. I don't want to be overly built, just enough.

So, carbs are back on the menu?

They are back on the menu. But controlled. Food is still controlled for now.

What are your key takeaways from your fitness journey so far?

Consistency is key. Honestly, if I wasn't being consistent, I'd have fallen off the wagon a lot of times. Knowing what you want at the end of it gets you through. But knowledge in general helps too. Richard taught me a different way of getting to where I want to go. I changed my perspective and learnt how to tweak my diet, and that got me the results.

What advice do you have for someone who might be hesitant to start working out or even join a gym?

You should have a goal in mind before you show up at the gym door. You shouldn't show up to a place without knowing what brought you there. Having the right person to show you it's possible and what to do can really help. Then the rest is all up to you – your consistency and drive. Somebody can show you the way, but if you don't do the work, you won't get there.

Would you recommend that they come to VMX?

Yes, I don't think I'm going anywhere! VMX is a good place, where the staff actually listen to clients and their feedback. I remember asking for cable machines, and now they are here. Any time I can't make it to VMX, or I train somewhere else, I really miss it! I always look forward to coming back.





SERVICES AT VMX CLINIC

- Physiotherapy
- Massage Therapy
- Therastretch
- Functional Screening for Lifting/Injury Prevention
- Acupuncture
- Shockwave Therapy
- Myofascial Release
- Human Tecar Therapy

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📍 *First Power Fitness – Galleria Mall, Nairobi*

📍 *Harmony Centre 43 General Mathenge Drive, Nairobi*

📍 *VMX Fitness – Village Market, Nairobi*

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**PROTEIN
PACKED
TREATS**

THE ALL-IN-ONE WORKOUT

For anyone looking to make gains while saving time, this six-move workout is the perfect choice. The workout builds total body muscle and strength, all while being super convenient in only having to use the cable machine. **Hold on!** Make sure to warm up properly before you begin. We recommend 5 minutes of light cardio, followed by 5 minutes of mobility and dynamic stretches. Complete 8-12 reps of each exercise, for 3-4 sets. Make sure to choose a weight that challenges you but doesn't compromise your form. (Photography by Salem Amraya)



ROMANIAN DEADLIFT

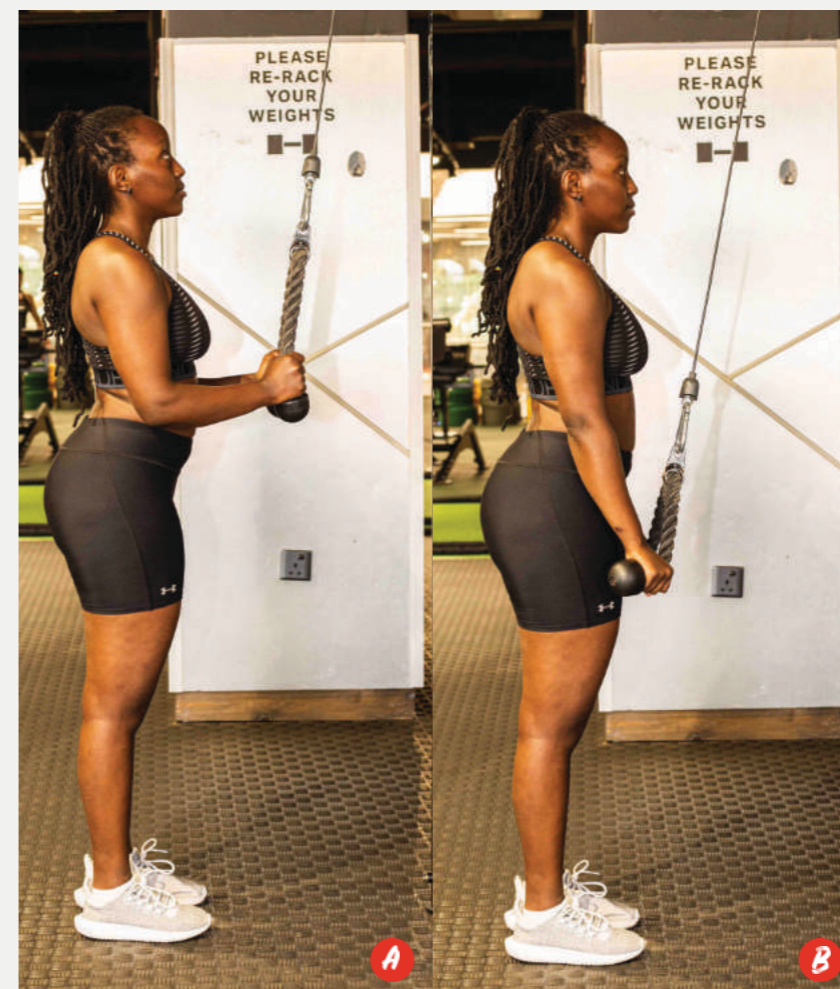
Major muscles worked: gluteus maximus, hamstrings, lower back

1. Attach a straight bar to a low pulley, select your weight and grab the bar with a supinated grip (palms facing up).
2. Step approximately three feet away from the machine.
3. With a slight bend in your knees, slowly bend at your hips as you simultaneously extend your arms forward. Engage your core and keep your back flat.
4. Squeeze your glutes to stand back up as you simultaneously pull your elbows back. Pull with power, and continue to squeeze your glutes at the top to get full hip extension.

LAT PULL DOWN

Major muscles worked: latissimus dorsi (lats)

1. Attach a wide bar to the top pulley, select your weight and sit down with your knees locked in.
2. Take a wide grip on the bar, with your palms facing forward.
3. Bring your torso back around 30 degrees, create a curvature on your lower back and stick your chest out. This is your starting position.
4. As you breathe out, bring the bar down until it is just below your chin, by drawing the shoulders and the upper arms down and back.
5. Squeeze your back muscles once you reach the full contracted position. The upper torso should remain stationary and only the arms should move. Do not try to pull down the bar using the forearms or by rounding your shoulders.
6. After a second at the contracted position, slowly raise the bar back to the starting position with your arms fully extended and your lats fully stretched. Inhale during this movement.



TRICEP PUSH DOWN

Major muscles worked: triceps brachii

1. Attach a straight bar or rope to a high pulley, select your weight and grab with an overhand grip (palms facing down) at shoulder width.
2. Standing upright with a straight torso and slight lean forward, bring the upper arms close to your body and perpendicular to the floor. The forearms should be horizontal to the floor as they hold the bar. This is your starting position.
3. Using your triceps, bring the bar down until it is in front of your thighs and the arms are fully extended down. Only your forearms should move, the upper arms stay stationary. Exhale during this movement.
4. After a second at the contracted position, bring the bar slowly up to the starting point. Inhale during this movement.

LOW CHEST FLY

Major muscles worked: pectorals, deltoids

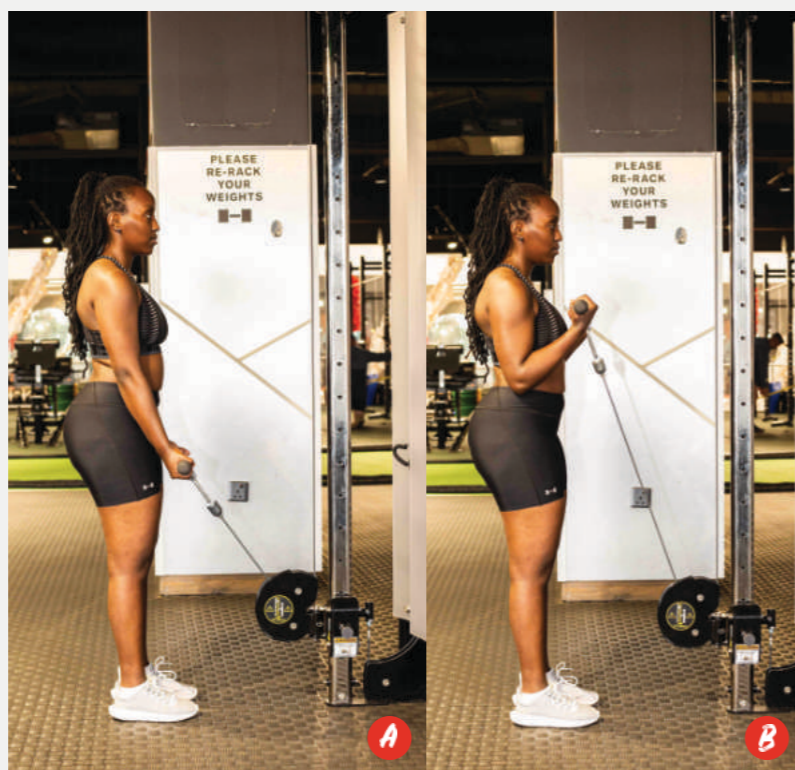
1. Attach two cable handles to opposite low pulleys, select a light weight and grab the handles as you step forward slightly. You may want one foot slightly in front of the other for stability. Palms should be facing forward, your head should be up, chest out and shoulders back.
2. Keeping the elbows pulled in towards your sides, exhale, contracting through the chest and bring the handles up and in until your hands are shoulder height.
3. Inhale as you slowly lower your arms back down to be just behind your torso. Fight the resistance and keep your elbows pulled in.



BICEP CURLS

Major muscles worked: *biceps brachii*

1. Attach a straight bar to a low pulley, select your weight and grab with a supinated grip (palms facing up) at shoulder width. Keep your elbows close to your torso. This is your starting position.
2. While holding the upper arms stationary, curl the weights while contracting the biceps as you breathe out. Continue the movement until your biceps are fully contracted and the bar is at shoulder level. Only the forearms should move, and your wrists should remain strong. Hold and squeeze for a second.
3. Slowly begin to bring the bar back to the starting position as you breathe in.



CABLE CRUNCH

Major muscles worked: *rectus abdominis*

1. Attach a rope to a high pulley, select your weight and stand facing away from the cable machine. Reach behind you and grab the rope with a supinated grip (palms facing towards each other).
2. Bring the rope to ear level and slightly bend forward with elbows bent and pointing down. This is your starting position.
3. Brace your core, exhale and bend to 90 degrees at your waist or until your torso is parallel with the ground. Do not let your elbows flare. Pause, then slowly return to the starting position as you inhale.
4. Be sure to engage your abs and use your core for the movement.

Congrats for finishing the workout! Don't forget to stretch for 10 minutes afterwards. You can repeat this workout once or twice a week. Make sure to try and add more weight each time, improve form and decrease rest time.

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THE SCIENCE OF SLEEP

WORDS DR. SIMON MBIRUA

Scientists have discovered a revolutionary treatment that can improve memory, enhance creativity, boost attractiveness, promote weight loss, reduce food cravings, protect you from cancer and dementia, and lower your risk of heart attacks, stroke, and diabetes. It can even make you feel happier and less anxious. What is this miraculous treatment? It's sleep, backed by over 17,000 scientific journals.

Sleep is essential for regulating our metabolic rate by balancing insulin and glucose levels, regulating appetite, and maintaining gut microbiome. It also lowers blood pressure, giving our circulatory system a well-deserved break, and enhances memory before and after learning.

However, routinely sleeping less than six or seven hours a night can severely damage our immune system, doubling our risk of cancer and leading to Alzheimer's disease. Even moderate reductions in sleep for one week can disrupt our blood sugar levels, classifying you as pre-diabetic, and increase the risk of coronary artery blockages, leading to cardiovascular disease. Inadequate sleep also contributes to all major psychiatric conditions, including depression, anxiety, and suicidal tendencies.

When we are tired, we often feel hungrier and eat more. This is because a hormone called ghrelin that stimulates hunger increases while leptin, which signals food satisfaction, decreases.

The shorter your sleep, the shorter your lifespan. All major organs and processes in the body and brain are enhanced by sleep

and detrimentally affected by sleep deprivation.

Factors determining our sleep-wake pattern

Two factors that determine our sleep-wake pattern are your circadian rhythm and sleep pressure. The circadian rhythm is a natural internal process that regulates our sleep-wake cycle, repeated roughly every 24 hours. Every living creature on the planet with a life span of more than several days generates this cycle. The suprachiasmatic nucleus in the brain sets this clock using daylight as a reliable signal. Melatonin, a hormone that regulates the timing of sleep, is released a few hours after dusk, peaks around 4 am, and drops to undetectable levels by mid-morning. But be warned, melatonin is not a powerful sleeping aid, as it has little influence on the generation of sleep itself.

The second factor determining our sleep-wake pattern is sleep pressure. Adenosine,

a chemical that builds up in the brain with every waking minute, increases our desire to sleep. You can, however, artificially mute the sleep signal of

adenosine by using a chemical that makes you feel awake and alert: caffeine. Caffeine can block adenosine receptors, but it cannot eliminate the accumulation of adenosine. So as your body slowly breaks down the caffeine (about five to seven hours to break down just half the amount of caffeine ingested), those receptors will now be available for a much higher level of adenosine to bind to. This is why it is not advised to have caffeine later in the day, and also explains the energy crash you may feel afterwards.

Am I getting enough sleep?

While there are various medical conditions that can lead to poor sleep, a thorough clinical assessment is required to address such issues. However, there are a few questions you can ask yourself to determine whether you're getting enough quality and quantity of sleep:

1. After waking up in the morning, can you easily fall back asleep at 10 or 11 am?

2. Are you unable to function optimally without caffeine before noon?

3. If you didn't set an alarm clock, would you significantly oversleep?

If your answers are 'Yes', it's likely that you're not getting sufficient sleep quality and/or quantity, and are relying on caffeine to cope with chronic sleep deprivation.

Tips for a better night's sleep

- Try to get between 7-10 hours of sleep every night
- Fall asleep and wake up at the same time every day to set your body clock
- Get some early morning sunlight
- Make sure your bedroom is cool, dark and quiet
- Try reading a book before bed to calm your mind
- Have a warm shower before bed to cool down your body temperature
- Don't have a long afternoon nap as it reduces your sleep pressure
- Avoid stimulants such as caffeine in the afternoon, or TV/screens before bed
- Avoid alcohol, which prevents you from having a deep sleep
- Check your medications are not either a stimulant or a sedative

In conclusion, sleep is vital for our well-being. Getting adequate sleep should be a top health priority for everyone.

@painandgainequipment



RECIPES FOR SUCCESS!

These delicious and easy recipes are brought to you by Ashley Kibutha, Registered and Licensed Dietitian. Ashley is an American award-winning dietitian with 10+ years of experience who specialises in weight loss coaching, chronic disease prevention and management, allergies, paediatric and general nutrition.

@its_thyme ashleykibutha.wixsite.com/kibutha

No-Bake Energy Bites

Ingredients

- 1 cup rolled oats
- 1/2 cup dark chocolate chips
- 1/2 cup ground flax seeds
- 1/2 cup crunchy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

Prep Time: 15 mins

Additional Time: 1 hr

Total Time: 1 hr 15 mins

Servings: 24

Directions

- 1) Stir oats, chocolate chips, flax seeds, peanut butter, honey, and vanilla extract together in a bowl.
- 2) Roll dough into 24 balls with your hands. Arrange balls on a baking sheet and freeze until set, about 1 hour.

Protein is the most satiating macro. It will keep you fuller for longer!

Good-For-You Veggie Grain Bowl

Ingredients

- 2 tsp. olive oil, divided
- 2 red chillis, seeded
- 1/4 cup cranberries
- 1 cup canned chickpeas
- 4 cups brown rice or quinoa, cooked
- 1 cup cherry tomatoes, halved
- 1 avocado, sliced
- Handful of grated cheese
- Lemon juice, to taste
- Salt and pepper, to taste

Prep Time: 15 mins

Additional Time: 1 hr

Total Time: 1 hr 15 mins

Servings: 24

Directions

- 1) Heat 1 teaspoon of olive oil over a medium heat until hot. Add the chillis; cook, stirring occasionally, until they are tender, for about 3 minutes. Season with salt and pepper. Remove from pan.
- 2) Add remaining teaspoon oil to same pan. Add sweetcorn and chickpeas; cook over medium-high heat, until both begin to lightly brown, about 5 minutes. Season with salt and pepper. Remove from pan.
- 3) Cook brown rice or quinoa as instructed. Let it cool slightly.
- 4) Add to a bowl your choice of grain, cooked sweetcorn and chickpeas, chillis, tomatoes, and avocados. Drizzle with lemon juice and cover with grated cheese.



VMX CLASSES

There are so many ways to get your blood pumping and work up a sweat – a myriad of activities and disciplines to help you get stronger and healthier. Here are some great options that VMX has to offer.

YOGA

Find your balance, harmony, and energy with the help of our certified instructor-led yoga classes. They incorporate different styles of yoga, including Power, Vinyasa, Sri Sri, Bliss, and Energize. Each style offers unique benefits to the mind and body, so you can be sure to find one that fits your needs and preferences. All classes are suitable for different levels – beginner or yogi.



SPECIALITY CLASSES

Fitness is not one-size-fits-all. We understand that. Which is why we have a variety of speciality classes to ensure you've got an option that suits your needs. From Bootyfully Waisted to HIIT for your cardio, Abs Attack to sculpt your core, Ball and Tone for a well-defined body, and Bulgarian Assault for strength and endurance. Whatever your goals or interests, we have just the class for you!



FUNCTIONAL FITNESS

What if you had the option to have physical training that prepared you to live more efficiently? Well, you actually do. Functional fitness is a form of training that helps you to perform your everyday activities. Besides efficiency, you also get better coordination, muscle gains, and become less susceptible to injury. We offer Z6 Cross Training, Active X, Active Lite, Pour Hour, Max Out Bootcamp, Strength Sunday, and Uzani Weightlifting. Take your pick!



AEROBICS

Get your blood pumping and muscles working in our aerobics classes with instructors who are determined to help you to get the most out of your workouts. Our classes include a variety of aerobics exercises, such as dance-based workouts, step aerobics, and high-intensity interval training. With the fun and supportive environment in our X-Fit and Step-Up classes, you'll be stepping your way into a fitter, happier you!



DANCE

Improve your dancing skills while having fun in our dance classes. With benefits such as better coordination, increased balance and flexibility, our classes are also perfect for reducing stress and boosting your mood. Plus, it's a great way to meet new people and build your social connections. So, why don't you join us for Dance Fitness, Zumba, or Dance Fusion, and let's have some fun!

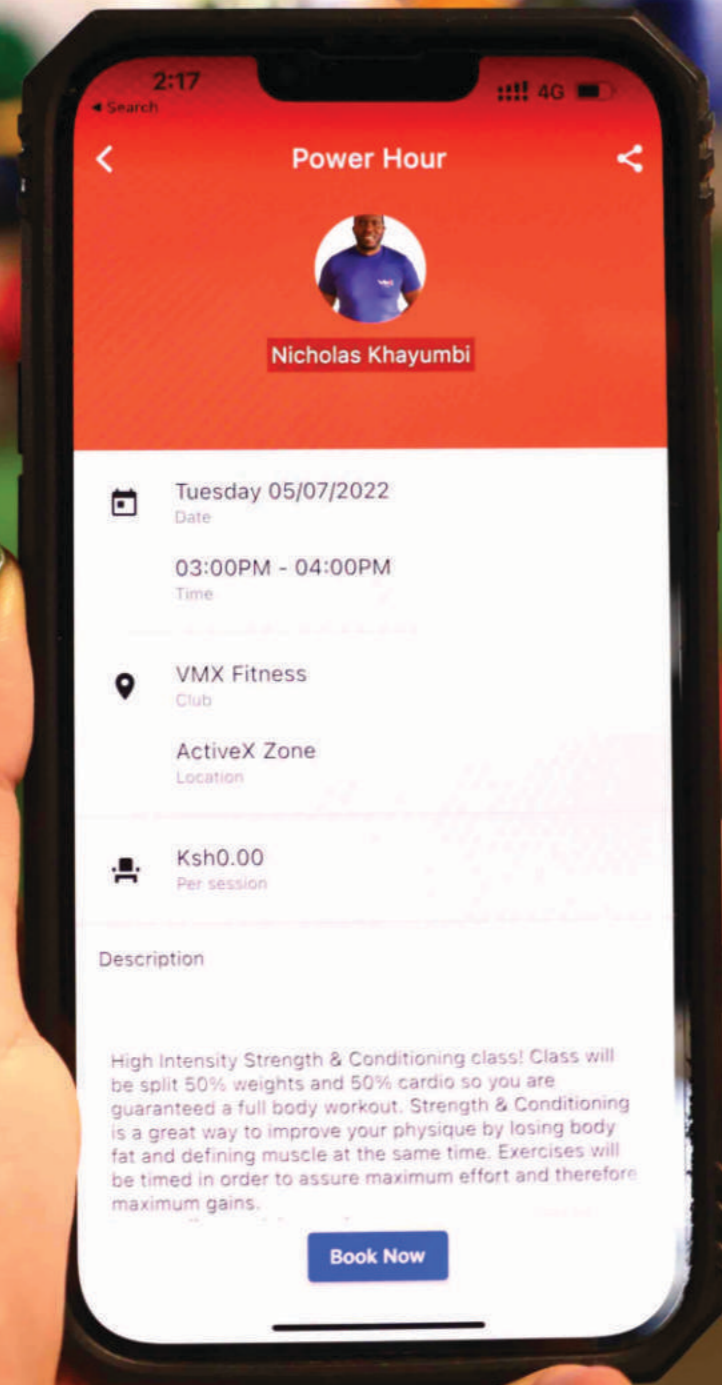


COMBAT SPORTS

Develop your physical and mental strength in our combat sports classes designed to help you build power, endurance, agility, and confidence, all while learning valuable self-defense techniques. Our experienced trainers will guide you through each class, ensuring you're properly equipped for each session. Be it BoxFit, Taebo, or Knockout, you're sure to become a stronger and more tactful athlete.

DOWNLOAD THE VMX GYMMASTER MEMBER APP

Check class schedules, manage your membership account and sign up for classes directly from the free app. Ask our front desk agents to help you get started.



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3 MONTHS 27,500 Easy Freeze 2 Guest Passes 1 Free Body Scan	6 MONTHS 52,500 Easy Freeze 5 Guest Passes 1 Free Body Scan	1 YEAR 99,000 Easy Freeze 10 Free Guest Passes 2 Free Body Scans

Pool access, free parking and unlimited classes available for all memberships.

