



FITNESS AND WELLNESS BY BODYSPACE AT MANDARIN ORIENTAL HYDE PARK, LONDON

INTRODUCTION

Our award-winning spa offers a journey of total relaxation and rejuvenation, while our world class fitness and wellness partner BodySpace bring expertise in human performance, lifestyle, and movement - all in one unique setting. Our fitness centre is equipped with state-of-the-art, results-orientated Technogym equipment to support guests and members with their cardiovascular, strength and flexibility training needs.

HEALTH & WELLBEING BY BODYSPACE

BodySpace at The Spa at Mandarin Oriental Hyde Park, London is a union between global leaders in hospitality and London's leading lifestyle performance club.

Heralding a new age in lifestyle performance, BodySpace is a scientifically and medically underpinned fitness and nutrition club designed to operate seamlessly within The Spa at Mandarin Oriental Hyde Park, London.

This award-winning club, as used and endorsed by globally renowned figures, brings together under one roof leading talent and experts in fitness, nutrition, health technologies, science, and medical wellness. The experienced and dedicated BodySpace team provides world class services and programmes. Their unique skills and training go beyond traditional fitness and wellness services. The team at BodySpace can also help you recover from injury and support clients living with or recovering from cancer, cardiac, diabetic and stress related illnesses – bridging the gap between modern medicine and performance lifestyle.



LIFESTYLE PERFORMANCE

By offering life-changing lifestyle performance programmes, BodySpace aims to help you develop the skills you need to effectively manage all your commitments in the gym (training, nutrition, and recovery) and outside of it (stress, sleep, family, education, employment and so forth). This holistic model of care is intrinsic to helping you find the right balance in life and in turn the highest quality of life.

BODYSPACE PERFORMANCE COACHES

BodySpace has a range of multi-disciplinary coaches. All experts in their field, the team is made up of specialist coaches in strength and conditioning, Pilates, yoga, physiotherapy, and athletic performance. All sessions focus on training with an awareness of injury prevention.

BodySpace performance coaches give you tools to reach your goals, be it performance led, weight loss, body composition, injury rehabilitation, stress management, training with illness or recovering from surgery. By incorporating a range of training modalities from our wide range of experts we produce the most effective programme, personally tailored to you, so you can get the most out of life.

We recognise that many of our members will be regular travellers, so we offer support beyond the physical venue, allowing you to continue your programmes anywhere in the world through online sessions and remote support.

BODYSPACE NUTRITION PROGRAMME

We offer both a comprehensive personalised Nutrition Programme and one-off consultations.

Optimal Nutrition is an essential foundation for health, performance, and recovery. BodySpace performance nutritionists provide a highly specialised nutrition service to meet individual dietary requirements at all levels of lifestyle performance, in addition to those simply seeking to lose weight or address nutrient deficiencies. The team also experts in supporting the nutritional requirements of individuals following sports injury or illness.



BODYSPACE PERFORMANCE SWIM CLINIC

BodySpace's professional coaches are available to teach both adults and children and improve confidence in water, conduct swim analysis, correct stroke and breathing techniques and enhance swim performance. The BodySpace swim coaches can also support any specific training programmes and goals you may be working towards, be it triathlon or other events and competitions.

BODYSPACE LIFESTYLE PERFORMANCE LAB

BodySpace has a unique partnership with The Institute of Sport and Exercise Health. Through this, we can offer a range of assessments and access to equipment and health technologies to improve sleep, increase energy, reduce stress, strengthen mindfulness, enhance exercise performance, boost long-term weight loss and supplement pre and rehabilitation programmes. This access and these services are normally reserved for the elite sports men and women, and we are delighted to be able to bring them to BodySpace members.

All objective data that is captured is for our performance lab that can then be used by the BodySpace coaches to further tailor your programme, for maximum results.

- EMS
- FIRSTBEAT LIFE
- OUTPUT SPORTS ASSESMENT
- FUNCTIONAL MOVEMENT SCREEN
- AT ISEH

A comprehensive review with our expert sports cardiology team

- 12-lead electrocardiogram and echocardiogram.
- Blood pressure review.
- Cardiopulmonary Exercise Test (CPET) and lactate profile to assess cardiorespiratory fitness.
- Extensive blood panel to examine markers associated with cardiovascular disease.



Musculoskeletal and health/performance evaluation with our expert sports medicine team

- Musculoskeletal screen to quantify joint function, range of motion and stability.
- Strength profile to determine muscle strength using an isokinetic dynamometer and explosive strength capacity using force plate diagnostics.
- Movement and power evaluation including a series of jump-landing tests using force plate diagnostics to measure performance characteristics and potential inter-limb compensations.