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KINCUMBER GYM

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Newsletter April 2010

Join us for the Bay to Bay



12KM FUN RUN 2010

8AM SUNDAY 20TH JUNE

ALL PROCEEDS GO TO: RESONSE SERVICES
& SUICIDE SAFETY NETWORK

Join the Kincumber Gym team for a run or walk around the scenic Brisbane Water. There are just over 8 weeks until the fun run, so you have plenty of time to prepare. Collect an entry form and more details at reception from the 20th April. For more details about the course or training tips please refer to www.terrignaltrotters.com.au.

Inside News

ANZAC Day

Public Holiday

Monday 26th April the gym hours will be 9am—2pm.

Group Classes will be Pump 9:30am and Cycle 10:30am

There will be no crèche on Anzac Day.

Exercise Myth:

If you stop working out, your muscles will turn to fat.

Muscle and fat are two different tissues that can not be converted from one to the other.

If you stop exercising your muscle shrinks, which makes you feel flabbier. Also, when muscles get smaller they do not need as many calories to function, so your metabolism slows down.

Everyday ways to keep moving

Every little bit of movement you do, compliments your exercise routine.

It's important to remember that to have an impact on weight loss, extra activity should be done in addition to your usual routine on most days of the week. Below outlines the suggested duration of daily activity at a moderate intensity level in respect to your goals.

If the goal is to

To receive the health benefits of exercise—
You need to exercise an additional 30 minutes a day.

To boost weight loss—
You need to exercise an additional 45 minutes a day.

To sustain the weight loss you have achieved—
You need to exercise an additional 60 minutes a day.

This doesn't mean you have to spend all this additional time in the gym (although we don't mind if you do).

Everyday ways you can add to your exercise

Get off the lounge. Do squats, lunges, sit-ups or push ups in the ad breaks.

Use the stairs (instead of the escalator / lift)

Do it yourself. Gardening, repaint some walls in the house, mow the lawn, hand wash the car.

View housework as a great opportunity to exercise

In the office, stand up when on the phone, or do a mini workout at your desk.

Give the car a break— walk or get the push bike out.

Use the great outdoors for a workout. Go for a bush-walk, or swim in the ocean.

Keep going! Think of movement as an opportunity, rather than an inconvenience.

Tucker Time

Kangaroo Stir Fry

Ingredients

400 g Kangaroo Stir-fry
1 cauliflower, small
2 garlic cloves, finely chopped
400 g baby corn pieces
1 Tbsp ginger, finely chopped
1 onion, roughly chopped
1 Tbsp chilli, chopped (optional)
1 capsicum, red, sliced
3 Tbsp coriander, chopped
5 Tbsp reduced-salt soy sauce
400 g Hokkien noodles
2 Tbsp light peanut butter, crunchy
1 carrot, sliced
1 Tbsp honey
1 broccoli, small
1 tsp sesame oil



Directions

Marinate Kangaroo Stir-fry in garlic, ginger, chilli and coriander with 1 Tbsp each of soy sauce and sesame oil for at least one hour. If you have time, marinate overnight for extra flavour.

Add a little oil to a hot wok or pan and sauté the onion. Add the vegetables for 3 - 4 minutes. Remove and set aside.

Toss the Kangaroo Stir-fry for 3 - 4 minutes before adding the Hokkien noodles and then the vegetables.

Make a sauce combining 4 Tbsp of soy sauce, 1 Tbsp of honey and 2 Tbsp of peanut butter with a little hot water.

Pour sauce mixture over the Stir-fry mix.

Toss through and serve.

Garnish with chopped long pieces of spring onion and enjoy!

Nutritional Info: (per Serving): Calories 487, Fat 7.8g, Carbohydrates 67.9g, Protein 38.4g, Cholesterol 0.0 mg, Sodium 917mg, Saturated Fat 1.3g, Fibre 8.0g, Calcium 191mg.

Source: www.calorieking.com.au

Words Of Wisdom

Don't wish your life were easier, wish that you were better." Jim Rohn