

Kincumber GYM News Letter December 2008

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Setting Goals for 2009

Christmas and the New Year can indicate a time for change, it can also become a time when we are filled with a sense of "new beginnings" and a chance for a fresh start.

For all Kincumber Gym Members and potential members the beginning of 2009 can be used as a turning point for change. The gym provides every member with the support and appropriate environment to begin the journey towards your fitness goals.

Life Coach (and gym member), Lesley Raley has some guidelines to consider when setting goals or making New Year Resolutions.

Firstly...Choose a goal with meaning, make the goal exciting, consider WHY you want to achieve that goal. What will it mean to you once you've reached that goal.

Secondly....Not being perfect is human. Everyone has imperfections, but some people are experiencing love, happiness and prosperity. What is stopping you ?

Thirdly....Being overly critical of yourself and others stifles your happiness. Silencing your inner critic will make room for more positivity, more action and more self confidence in yourself and those around you.

Fourthly....(and most importantly) have a recovery plan in place BEFORE you start, this will give you the confidence to move ahead with a safety net already in place.

Above all have FUN, enjoy the journey and be proud of what you've achieved so far, and how far you've come.

Lesley will be holding some Goal Setting sessions for Kincumber Gym members in February 2009. Please register your interest at reception if you would like to attend.

You can contact Lesley for Goal Setting questions on abundancecoaching@bigpond.com.

Looking for a Gift Idea?
Why not get a RBT, or membership gift voucher.



Tucker Time Turkey Breast with Mango and Coriander Glaze

1 kg Ingham Ready to Roast Turkey
1 cup mango chutney
1 3cm piece of ginger, grated
1 stick of lemon grass, white part only, finely chopped
1 Tbsp coriander root, finely chopped
1 coriander sprig, to serve

Cook Ingham Ready to Roast Turkey Breast as per packet instructions.
Combine mango chutney, ginger, lemon grass and coriander root in a bowl.
Remove foil from turkey.
Spoon mango and coriander glaze over the turkey.
Bake for a further 30 minutes.
Remove from oven and set aside to stand for 5 minutes before slicing.
Serve topped with coriander sprig.

Serves 8. Prep time: 10 minutes. Cook time: 2 hours

Calories 141g, Fat 1.3g, Saturated Fat 0.6g, Protein 22.1g, Carbohydrates 9.9g, Fibre .01g

Source www.calorieking.com.au



Nutrition Tip

Healthy Summer Entertaining

Starters

Why offer the usual creamy french onion dip, when healthier, and more flavourful options are around.
Skewer prawns, and pineapple chunks on the grill for low fat nibblies, or mix cherry tomatoes and watermelon balls for a vibrantly coloured first course salad.

Group Fitness Classes

Due to Instructor availability the following changes will take place to the Group Class Timetable commencing 5th January 2008

NEW Pilates Class will run on Mon at 10:30am

Fitball is moving from Monday to Wed at 9:30am

Boxing Fit has moved from Wed to Thurs 9:15am

Raisha is leaving Kincumber Gym at the end of this year. We want to thank Raisha for the time she has been at Kincumber Gym, and wish her all the best.

Thanks Phillipa
Group Class Coordinator

Toy Donations

We are again collecting Toys and books for Central Coast Community Chest. Please leave donations, unwrapped under the Christmas tree at reception. Gifts will be collected on the 22nd Dec.

Christmas & New Year Hours

Xmas Eve	Wed 24th Dec	6am - 2pm
Xmas Day	Thurs 25th Dec	CLOSED
Boxing Day	Fri 26th Dec	CLOSED
	Sat 27th Dec	9am - 4pm
	Sun 28th Dec	9am - 2pm
	Mon 29th Dec	9am - 4pm
	Tues 30th Dec	9am - 4pm
New Years Eve	Wed 31st Dec	9am - 4pm
New Years Day	Thurs 1st Jan	CLOSED
	Fri 2nd Jan	Normal Hours resume

There will be reduced Group Fitness Classes between the 24th Dec and the 4th Jan. Refer to timetables located in the gym, or at reception.

There will no creche between 25th Dec and 3rd Jan, with reduced staff until Sat 10th January.



Congratulations

Congratulations to Melissa Pearson Personal Trainer, and Group Fitness Instructor for successfully achieving her Black Belt in Karate at the Black Belt Martial Arts studio. Melissa's Black Belt test was for 27 hours, with only 2 hours sleep during this time!

Christmas Party

The Christmas Party was a huge success with over 100 people for dinner. The band was great, dinner was delicious and the company was amazing. Due to the huge success of the Christmas Party, we have decided to have 2 Christmas parties in 2009. A Christmas in July (thanks to a suggestion from a member) and a Christmas Party in December. If you couldn't make the Christmas Party this year, make sure you don't miss out next year.

Photos from the Christmas party will be displayed in the gym soon.

Our thanks to Carl, who on behalf of members, thanked the gym for the party and for the gyms contribution to its members.



Carl brings the members up on stage to thank the gym.

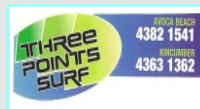
We wish all our members, staff and your families and friends a Merry Christmas and a Safe and Happy New Year.

Thank you for all your support throughout 2008.

Words of Wisdom

"Twenty years from now you will be more dissappointed by the things you didn't do than by the ones you did do." Mark Twain

Our Sponsors
Thankyou



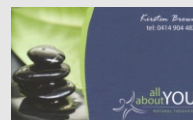
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