

Group Class Update

We are currently conducting a survey to determine the possibility of an evening pilates or yoga class.

Feel free to complete a survey located at reception.

Feed back Box is Back

You may have noticed that the Feedback box is back, and located on top of the filing cabinets (cardio room).

We appreciate your comments and feedback, both positive and constructive on how we can service you.

Thank you to those that have provided feedback to date.

All feedback so far is being reviewed, and where a genuine need exists, and where we can accommodate such requests we will look at implementing to benefit all members.

Health Fund Receipts

Don't forget to check with your Health Fund if you can claim your gym membership with them. We are happy to issue a Health Fund receipt should you need one.

Assessments & Program Reviews

Have you had an assessment review within the last 8 weeks ?
Have you been doing the same thing with no changes for months?
Maybe its time for an assessment review.

As a member of Kincumber Gym you are entitled to a program review every 6-8 weeks. The review process takes 30-40 minutes and involves assessing your current position in terms of how you are progressing with your goals, and adjusting your current program where necessary.

Make an appointment with reception to see one of our trainers for your review, and take advantage of the review process.

Quote Of The Month

“A bear, however hard he tries, grows tubby without exercise” A.A. Milne

WINNER

**CONGRATULATIONS FIONA DUIGNAN
WINNER OF THE BBQ VALUED AT \$400.**

**FIONA REFERRED HER SON AND
HUSBAND TO THE GYM, BOTH
SIGNING UP FOR 12 MONTHS.**

**WE HOPE YOU AND
YOUR FAMILY
ENJOY IT AS
MUCH AS WE DID
GIVING IT AWAY.**



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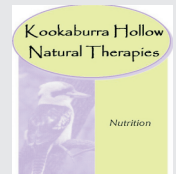
Fiction: If you don't lose weight, there is no point exercising?

FACT: It's not uncommon for people who do not see immediate weight loss results to give up their exercise routine. **What you need to remember is that exercise provides many other benefits that may not be as obvious but are as equally important.** Exercise helps reduce the risk of developing diabetes and heart disease, it has proven benefits in reducing stress and anxiety, as well as increasing energy levels, just to name a few. So remember, even if those immediate external results are not happening, there are improvements occurring on the inside, which are just as important to a long and healthy life. **So don't just focus on those external results, think of all the good that's happening inside and KEEP EXERCISING.**

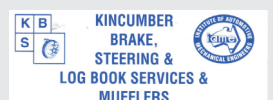
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SUNGLASS



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Physiotherapy Centre**
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Kincumber GYM News Letter August 2007

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August 20 was "World Personal Trainer Day".

To Celebrate, World Personal Trainer Day 20 August, for the week of Monday August 27th to Sunday September 2nd, Kincumber Gym is offering current members who have never tried personal training, to purchase **a one hour Trial PT session for the price of a half-hour session.**

That's \$40 for a full one hour PT session. (Normal price is \$65 for single sessions). Conditions Apply. Session must be purchased during the week 20th August to 2nd September, session however can be used up to 15th September.

Training Tip

Try Interval Training - A great way To revitalise your aerobic workout and burn those calories.

Simply put, interval training involves a short intense bout of exercise followed by a recovery/moderate bout and then a repeat of the intense activity.

Try the following.

Bike: Cycle at a fast pace for 20-30 seconds and then recover at a moderate/slower pace for 10 seconds, then repeat the pattern for 10-20 minutes.

Treadmill: jog, or walk at a moderate pace for 30-60 seconds, then run/sprint for 30-60 seconds, repeat this phase for 10-20 minutes.

Rowing: row at a moderate stroke rating for 300 seconds, then increase stroke rating for 30-60 seconds, repeat moderate and high bouts.

Note. Vary the time intervals depending on your current fitness level and work towards increasing the interval periods. Not sure, ask one of our instructors, they will be only too happy to help.

Tucker Time

Low-fat Pasta Boscaiola

400 g fettuccine pasta
3 teaspoons cornflour
1 cup Carnation Lights & creamy evaporated Milk
½ cup salt-reduced chicken stock
125g 97% fat-free bacon, chopped
2 cloves of garlic, crushed
1 brown onion, finely chopped
Olive oil cooking spray
150g button mushrooms, sliced
1/4 cup flat-leaf parsley, chopped

Cook pasta in large saucepan of boiling water
Blend cornflour and 1 tablespoon of milk to a smooth paste. Add remaining milk and stock.
Heat non-stick frying pan, medium heat.
Add bacon, garlic and onion. Spray with oil.
Cook, stirring every minute for 6 minutes or until golden.

Add mushrooms, stir every minute until mushrooms cooked.

Drain pasta, when cooked. Set aside.

Add milk mixture to saucepan. Cook and stir for 2 minutes or until sauce comes to boil.

Add pasta, bacon mixture and parsley.

Toss until heated through.

Season to taste.

Source. Super food ideas 2006

SPRING BOOT CAMP IS COMING!

A great workout 2 mornings a week for 6 weeks.

TAKE THE CHALLENGE.

See reception for more details.

