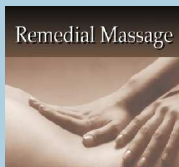


# KINCUMBER GYM

3/1 Kerta Road Kincumber ph: 4368 1215 www.kincumbergym.com.au

Newsletter May 2010

Our Sponsors  
Thankyou

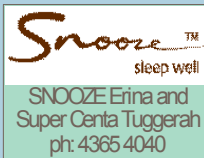


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**Buy 6 Months —  
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**Ring TODAY to take advantage of this FANTASTIC offer.  
Ph: 43681215.**

**HURRY, OFFER ENDS 31ST MAY 2010**

**Exclusive MVP Gym Members Night  
At REBEL Sport Erina**

**Spend over \$100 in store to receive a BONUS \$20 gift card**

**Thursday 20th May 6pm—9pm**

**Make sure you take your MVP card to get the bonus,  
or collect one from reception before you go.**

**Join us for the Bay to Bay Sunday 20th June**

**Don't forget the Bay to Bay Fun Run, register and pay at reception to be part of the Kincumber Gym Team. For more details about the course or runner training tips please refer to [www.terrignaltrotters.com.au](http://www.terrignaltrotters.com.au).**

## Inside News

### Group Class Bonanza

#### Saturday 22nd May

Come and try some different classes on Saturday 22nd May

- 8:25am PUMP
- 9:15am COMBAT
- 10:00am STEP
- 10:45am HIP HOP
- 10:45am RPM

Please sign the participation sheet on the day, located at reception.

### Dance Class

Complete one of the surveys at reception if you are interested in doing a Hip Hop dance class with Josh.

### Good Luck Mel

We wish Mel all the best in the upcoming Australasian Natural Bodybuilding Competition on the 23rd of May.

### Have Your Say

This year our Customer Survey is Online. If you would like to let us know what you think. Go to [www.surveymonkey.com/s/9FN9FB8](http://www.surveymonkey.com/s/9FN9FB8) Members who complete the survey before 30th June 2010 go in the draw to win a \$50 Rebel Sport voucher.

## What is your weight costing you? \$\$\$

Are you concerned about the increasing cost of weight loss, or a healthy lifestyle?

Changing your shopping habits, and the investment in a gym membership or sporting activities can add up, however the cost to your health is much greater if you don't invest a relatively small amount now.

Eliminating your kitchen of junk food and replacing them with healthy alternatives will cost more initially, but you will have greater success in adopting a healthy lifestyle if you don't have unhealthy foods available at home to tempt you.

Eating home cooked healthy meals and making your own healthy lunch is far cheaper than takeaway and lunch orders.

Buying a piece of fruit for a snack is cheaper than the average chocolate bar.

Saving on prescription medication, or a visit to the doctor are more likely to occur if you follow a healthy lifestyle.

The cost of a life time of spending money on junk food, fast food and eating out, will always exceed healthy eating and exercise.

In addition to the economic cost savings, the physical and mental benefits of a healthy life-style far outweigh any dollar savings you're likely to make.

You can't put a price on being able to breathe more easily, improved sleep, more energy, self respect and improved self confidence.

Remember, everyone needs to exercise regardless of body shape, size or weight.

Source. Weight Watchers.



Julie receives her Mothers Day flower after a work out

**All the mums that visited the gym on Mothers Day appreciated the flowers that staff were handing out.**

## Tucker Time

### Beef and mushrooms with Polenta

#### Ingredients

3 cups chicken stock  
1 cup low fat milk  
1 cup polenta (commeal)  
1/2 cup grated parmesan cheese, reduced fat  
1 Tbsp olive oil  
2 cloves garlic, crushed  
400 g diced beef (chuck, blade or topside)  
4 ripe tomatoes, chopped  
2 Tbsp freshly chopped rosemary  
1/2 cup dry white wine  
2 tsp Worcestershire sauce  
4 cups sliced mushrooms

#### Directions

Bring stock and milk to boil in a large saucepan. Add polenta in a steady stream, stirring well with a wooden spoon. Keep stirring over low heat for about 10 minutes or until the polenta mixture has thickened and comes away from the sides of the saucepan. Stir in parmesan cheese. Pour mixture into a lightly greased baking pan. Cover and refrigerate until cold.

To make sauce, heat oil in a large frying pan. Add garlic. Add diced beef. Cook for about 5 minutes or until meat is browned. Remove beef. Add tomatoes, mushrooms and rosemary. Cook, stirring for a further 3 minutes. Replace beef. Add wine and sauce. Simmer until beef is cooked through, about 30 mins. Add more wine or stock if liquid evaporates.

Turn polenta out of pan. Cut into rectangles. Place under hot grill. Grill for about 3 - 4 minutes each side or until heated through. Serve grilled polenta with beef and mushrooms. Accompany with a fresh

Nutritional Info: (per Serving): Calories 499, Fat 14.5g, Carbohydrates 46g, Protein 43g, Cholesterol 67mg, Sodium 876mg, Saturated Fat 4.8g, Fibre 5.0g, Calcium 318mg.

Source: [www.calorieking.com.au](http://www.calorieking.com.au)

## Words Of Wisdom

**“If the benefits of exercise could be contained in one pill, it would be the most widely prescribed medicine in the world.”**