

Kincumber GYM News Letter April 2009

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Kincumber GYM Website

**We would like to introduce
our new website.**

www.kincumbergym.com

We would like to thank one of our new members, Katrina for completing our long anticipated web site.

The website contains information and pictures about all the different areas of the gym.

Newsletters will no longer be emailed to our members, they will be downloaded on the website so you can view both the current and past issues on the website.

Take a look and let us know what you think.

Thank You

To all our members who referred friends and family to Kincumber Gym in March.

Lesley Binns

Domonic Pettinato

Tamara Knispel

Jennifer Cleeren

Carina Sharp

Samantha Smith

For your support and loyalty each of you will receive a free months membership for your referrals.

Remember, if you introduce someone new to the gym and they get started for 12 months you both get a **FREE** month.

Tucker Time

Chinese Beef and Potato Stir-fry

Ingredients:

3 Delaware potatoes, peeled and cubed

1 Tbsp oil

400 g lean beef stir-fry strips

1 Tbsp oyster sauce

1 clove garlic, crushed

1 onion, chopped

2 sticks celery, sliced

1 carrot, finely sliced

1 bunch Chinese leafy vegetable (pak choy, bok choy), chopped

1 Tbsp sesame seeds, toasted

Directions:

Boil, steam or microwave potato cubes until just tender. Heat oil in a wok. Add beef strips. Stir-fry until cooked. Remove and set aside.

Add oyster sauce, garlic, onion, celery and carrot. Stir-fry until tender. Add beef, potato and Chinese vegetable. Stir-fry until vegetables are tender. Serve topped with toasted sesame seeds.

Serves 4

Calories 267, Fat 7.5 g, Carbohydrates 21.0 g, Protein 28.5 g
Saturated Fat 2.0 g, Fibre 6.0 g.

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



WHY STRETCH

Stretching is great, not only to increase flexibility and suppleness to the muscle but it increases a persons ROM (Range Of Motion).

This leads to the benefit of the whole muscle being used when exercising.

Remember:

“A flexible muscle is a strong muscle”.



Magazines

Just a friendly reminder. The magazines located in the gym are there for all to read & enjoy, so please do not take them home. Recently we have had quite a few fitness magazines go walkabout, which really isn't fair to everyone else. Feel free to read the magazines, but please return them so everyone else can read them.

Hour Of Power

So we can anticipate numbers on Sunday, we are asking members to pay before Friday each week. The class is great fun, hard & rewarding, give it a go, you'll love it.

Have you put your Weights away ?

One of the most frequent complaints we receive, is members not putting their weights away when finished. Please be considerate to your fellow members and take the weights off the machines when you are finished with them.

Group Fitness Classes

We are currently running a survey to see if it would be viable to run a Dance Class - Hip Hop / Funk style. If you are interested please complete a survey and hand back to reception.

ANZAC DAY

Saturday 25th April, hours will be 9am - 2pm. There will be no Group Classes or creche on ANZAC Day. Monday 27th April hours will be as normal.

Nutrition Tip

THE AUSTRALIAN GUIDE TO HEALTHY EATING

1. Choose foods from each of the five food groups.

Eat: Plenty of plant foods (bread, cereal, rice, pasta, noodles, vegetables, legumes and fruit).

Moderate amounts of animal foods (milk, yogurt, cheese (all low-fat) lean meat, fish poultry, eggs) in the portions shown in the guide.

Small amounts of the extra foods, including oils and margarines: use poly & mono saturated fats and oils and steer clear of trans and saturated fats. Use small amounts of these extra foods when cooking and food preparation.

2. Expand & Enjoy

Use variety in your food preparation & choose different foods from the food groups to create delicious healthy meals all the family will love.

3. Water

Drink plenty of it, it will clean your system, keep you hydrated as well as help you lose weight and recover from exercise sessions.

Our 4 Part Series Top 20 Benefits of Exercise

Part 2

by Greg Landry

6. Increases HDL (good) cholesterol.
7. Makes the heart a more efficient pump by increasing stroke volume.
8. Increases haemoglobin concentrate in your blood. Haemoglobin is part of the red blood cells that carries oxygen from the lungs to the rest of the body.
9. Decreases the tendency of the blood to clot in the blood vessels. This is important because small clots travelling in the blood are often the cause of heart attacks & strokes.
10. Increases the strength of bones.

Stay tuned next month for Benefits 11-15.



To find the guide go to:
www.nhmrc.gov.au/publications/synopses/dietsyn.htm

Words of Wisdom

“Don't just put a toe in the water..... Jump in.” Andre Saver

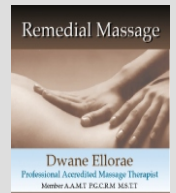
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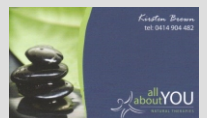


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