

Kincumber GYM News Letter August 2009

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Christmas in July

Everybody had a great time at the party and thank you all who made it such a great success.



Thank You

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

Aarron T
Ben A
Leanne V
David B
Elliot B
Amelia C
Michael M
Kurt M
Emma L
Grace T
Sara-Jane B
Melissa B (July)

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

Fettuccine with Tomato, Basil and Bocconcini

Ingredients:

500 g fettuccine
4 Roma tomatoes, diced
1 Tbsp Equal Spoonful
1 Tbsp Balsamic vinegar
2 cups fresh basil leaves, thinly sliced
1/4 cup fresh bocconcini, finely diced
1 Tbsp extra virgin olive oil
1 Tbsp capers, rinsed and drained
1 Tbsp shaved, or grated, parmesan cheese
1 tsp freshly ground black pepper to serve



Directions:

Lay tomatoes on a dish and sprinkle with Equal and balsamic vinegar. Allow to marinate for 20 minutes.

Cook pasta according to directions. Combine tomato, basil, bocconcini, oil and capers in a bowl and mix well.

Spoon over the hot pasta and serve topped with a few parmesan shavings and pepper.

NUTRITIONAL INFO (Per Serving) Calories 478, Kilojoules 1,994, Fat 10.4 g Carbohydrates 77.4g, Protein 19.3g, Cholesterol 6.0 mg Sodium 367 mg Saturated Fat 3.0 g Fibre 1.2 g Calcium 79.0 mg Total Sugars 2.2 g

Source: www.calorieking.com.au

Weight-Loss Myths Busted

'I need to go on a diet'

A diet promising you'll lose 6kg in two weeks may be tempting, but is ultimately doomed to fail. Going on a diet almost invariably means coming off a diet. Only a small percentage of people can maintain dieting long term. Going on a 'diet' often provokes feelings of deprivation, which means you quickly get tired of it and regain any lost weight. Instead, focus your attention on adopting healthy eating and physical exercise habits that you can keep up for good.

'Lifting weights will make me bulk up'

This myth still makes some women avoid strength training. Muscle takes up less space in the body than fat because it's about 2.5 times denser. It also has a higher rate of metabolism than fat, and helps you burn more calories. So in fact, weight training will result in a sleeker figure, not the other way around.

'The less I eat, the more I lose'

The best way to lose weight and keep it off is slow and steady. You need a certain amount of kilojoules to function, and not getting them can slow your metabolism. Plus, if you don't eat enough, you might make it up later. If you skip breakfast, you're more likely to end up eating extra at mid-morning. Breakfast is particularly important as it refuels your body after sleeping and causes energy to be burned more efficiently during the day.

Source: Weight Watches Magazine

Group Fitness Classes

Saturday morning classes are now as follows

- Pump 8:25am
- Boxing 9:30am
- Pilates 10:30am

We had to change the Pilates class to a later timeslot, as it only averaged 3-4 people per class at 7:20am. So far the new time slot has averaged 15 participants for the past two weeks, which is a fantastic result. Thanks for supporting the new time.

Fitball numbers have averaged only 5 for the past few months. If numbers don't improve we will have to look at changing this class.

Thanks for supporting the Monday night cycle and Wednesday Stretch class, numbers have improved.

Phillipa
Group Class Coordinator

Lucky Member Draw



Congratulations Christine Glass who won the \$50 Rebel Sport gift voucher, just for attending the gym on Friday 31st July at 6:56am.

If you are in the gym (doing a work out) on **August 26th** between the hours of **4pm 6pm**, and we randomly draw your name out, you will WIN a \$50 Rebel Sport voucher.

GOOD LUCK ASHLEIGH

Good Luck to member Ashleigh Toole who is appearing on Australian Idol this year.



Ashleigh gets into the top 100!

Member Survey Results

105 members completed the surveys, and we want to thank everyone for their time and feedback.

There was overwhelming positive feedback about the gym and the staff. The common feedback is that the gym has a comfortable and friendly atmosphere that appeals to everyone. A lot of members noted that out of all the gyms they have attended, Kincumber Gym provides the most welcoming and friendly atmosphere.

This is fantastic feedback, as we have worked really hard to make sure people feel comfortable. If you feel comfortable and welcome, your more likely to use the gym, and at the end of the day all we want is for our members to use the facility.

There were some outstanding highlights :

All members said they get a friendly greeting at reception. 100 people would recommend someone else to the gym

The Top 3 important things when deciding to continue your membership.

1. Convenience to home / work
2. A club that gets me fit & healthy
3. Great member service and price (equal third)

There are a few things that need our attention:

A few members are "stuck in a rut".

If your program is not giving you results, or you're not enjoying it, please talk to one of our staff about how we can help ensure you are getting the most out of your training.

Only half of our members do group fitness classes.

Classes offer variety. From strength, cardio, target specific areas and flexibility. They offer motivation, and FUN. If you haven't tried a class, you might surprise yourself and enjoy it.

A lot of members are unaware of newsletters and hand outs. FREE Newsletters are located next to the storage shelves. We stopped emailing the newsletters when they were downloaded on the website. We will investigate a way you can receive the newsletter automatically.

Group Classes

It is always a challenge to create variety while maintaining viable numbers in all the classes. Numbers are monitored weekly, and changes or additions are made when possible.

We acknowledge that there are other areas that need our attention. You can be assured we will be doing our best to address these areas.

Below are just a few great comments.

- "Outstanding atmosphere, friendly staff, very comfortable feeling." Paul J
- "I have been to a few gyms and feel most comfortable here" Tracey S
- "Trainers are good to see them practicing what they preach" Ryan K
- "Complained once, and very impressed with the immediate action" Sue R
- "Doesn't matter what time of day I attend, the friendliness is constant" Monica W

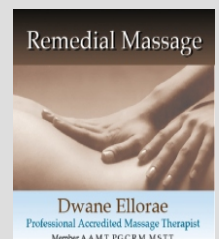
Winners

Congratulations to Barry J, Sue R, & Bernadette D who each WON 3 months FREE membership, as a thank you for completing the survey.

Our Sponsors
Thankyou



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Erina Ph: 4367 4711



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Words of Wisdom

"Rise to the level of your abilities, rather than fall to the level of your excuses" Anon