

Kincumber GYM News Letter December 2009

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CHRISTMAS PARTY

What a blast. Thank you to both staff and members who came. We hope you all had a great time.



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

We look forward to a bigger and better 2010.

Thank You

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

Deanne P

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

Sizzling Chilli Prawn & Shepard Avocado Salad

Ingredients:

1 bag of salad greens
1 ripe Shepard avocado, diced
1 Lebanese cucumber, chopped
1 punnet cherry tomatoes, cut in half
1/4 cup fresh flat leaf Italian parsley, torn
2 shallots, finely sliced
20 raw prawns, peeled and deveined, tails left on
1 Tbsp crushed chilli
1 lime, juiced

Directions:

Heat a non-stick pan and spray with cooking spray. Add chilli and prawns and cook for 3-4 minutes, turning prawns over. Season with salt and pepper.

In a large salad bowl, combine lettuce mix, Shepard avocado, cucumber, parsley, shallots and tomatoes and toss gently.

Arrange cooked prawns on top of salad and serve.

Drizzle with lime juice.

Serves: 4 person(s)

Preparation Time: 10 mins , **Cooking Time:** 5 mins

Nutritional Information

(Per Serving) Calories 240 cal. Fat 9.0g. Carbohydrates 4.7g. Protein 33.0g Cholesterol 225mg. Sodium 234mg. Saturated Fat 2.0g. Fibre 4.7g

Source: The Harvest Company

WIN A FREE

LIFETIME MEMBERSHIP

& help us raise money for Central Coast Kids in Need!

That's right...

Nothing to pay for your membership, ever!

How to enter

-Make a donation of \$5 or more to Central Coast kids in Need

-Refer your friends to the gym

-Bonus entries are given to both you and your friend, if your friend joins for 12 months

For full terms and conditions please refer to the Entry Forms or speak to Reception.

Don't miss out on this once in a lifetime opportunity

The winner will be drawn at our Open Day Sat 6th Feb

Group Fitness Classes

For Christmas and New Year class changes please refer to the amended timetables at reception.

Thank you for a GREAT YEAR
Phillipa
 Group Class Coordinator

Creche Christmas Party
 Santa visited the gym this year, and handed out presents for the kids at their Christmas Disco. Thanks Santa

Christmas Opening Hours

Thursday	24 th December	6am 2pm
Friday	25 th December	CLOSED
Saturday	26 th December	CLOSED
Sunday	27 th December	CLOSED
Monday	28 th December	CLOSED
Tuesday	29 th December	6am 9pm
Wednesday	30 th December	6am 9pm
Thursday	31 st December	6am 2pm
Friday	1 st January	CLOSED

Normal hours resume as from 2nd January 2010

Free Proteus Universal Gym
 Contact Angie ph: 0424634832

Burton Wedge Surf Ski 5.5 m
 Contact Bryan ph: 0421501435

2010

Coming Soon

Open Day
 Saturday 6th Feb 2010

NEW 8-week
weight loss program

5 Tips For Weight Loss

1. Good things come in small packages

Here's a trick for staying satisfied without consuming large portions: Chop high-calorie foods like cheese and chocolate into smaller pieces. It will seem like you're getting more than you actually are.

2. Get "water-wise"

Make a habit of reaching for a glass of water instead of a high-fat snack. It will help your overall health as well as your waistline. So drink up! Add some zest to your eight glasses a day with a twist of lemon or lime.

3. Herb it up

Stock up your spice rack or and start growing a small herb garden in your kitchen window. Spices and herbs add fantastic flavour to foods without adding fat or kilojoules.

4. Slim down your soup

Make a big batch of soup and refrigerate it before you eat it. As it cools, the fat will rise to the top and can be skimmed off the surface.

5. Doggie-bag that dinner

At restaurants that you know serve large portions, ask the waiter to put half of your main course in a take-home box before bringing it to your table. Putting the food away before you start your meal will help you practice portion

WHAT DOES 2010 HAVE IN STORE FOR YOU ?

It's the start of a new decade, so why not start something new in your life.

Many of us have something that we have always wanted to do, but let the usual excuses get in the way.

Take responsibility for your plans, and don't give up.

Don't allow yourself to make excuses.

Obstacles can't stop you.
 Problems can't stop you.
 Most of all other people can't stop you.
 Only YOU can stop you.

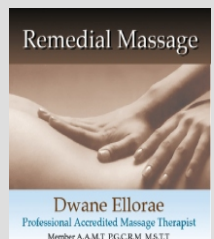
Words of Wisdom

“Don't say you don't have enough time. You have exactly the same amount of hours in the day that were given to Helen Keller, Pasteur, Michelangelo, Mother Theresa, Leonardo de Vinci, Thomas Jefferson and Albert Einstein.” Jackson Brown Jnr

Our Sponsors
 Thankyou



Central Physiotherapy
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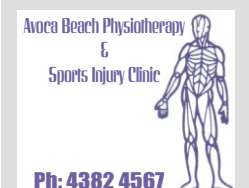
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