

Kincumber GYM News Letter February 2009

Units 3 & 4, 1 Kerta Road Kincumber NSW 2251 Ph: (02) 4368 1215

email: reception.kgym@optusnet.com.au

FREE Workshops

Do YOU want your plans and goals for 2009 to become reality ?

Don't miss out on one of the Goal Setting Workshops.

Workshop dates are

- Tuesday 17th February 6:00pm
- Friday 20th February 10:30am.

Each session will go for 2 - 2.5 hours and will be packed with ways you can set realistic and achievable goals to get you where you desire.

These sessions are normally valued at \$75.00 per person to attend, but are available FREE to Kincumber Gym members.

Please RSVP to reception if you would like to attend.

Places are limited, so make sure you don't miss out on this great opportunity.



BITS & PIECES

What is Grunting?

A noise you often hear in gyms is grunting, which is usually associated with people lifting really heavy weights. In order to grunt, you have to hold your breath and exhale forcefully, which means you're not breathing properly. Check your breathing technique with one of our trainers.

Tucker Time

Thai Potato and Fish Cake

2 large potatoes, cooked and dry mashed
220g can tuna or salmon, drained
2 Tbsp chopped fresh coriander
2 Tbsp lime juice
1 pinch chilli powder
1 egg, beaten
1 cup plain flour
1 tsp olive oil spray

Combine mashed potato, fish, coriander, lime juice and chilli powder in a bowl.

Add beaten egg. Shape eight patties and coat with flour.

Heat oil in non-stick frying pan and cook patties, turning only once.

Serve patties on a bed of mixed lettuce, topped with bean shoots and sweet chilli sauce.

Serve 4.

Calories 155, Fat 3.0g, Saturated Fat 1.0g, Protein 17.0g, Carbohydrates 15.0, Fibre 2.0g

Source.www.calorieking.com.au



Use your Brain if you want to lose weight.

In a part of the brain called the hypothalamus you have hunger chemicals known as Ghrelin that tell you to eat, and satiety chemicals called Leptin that tell you your full. Foods can play a part in which chemicals are released, eg. nuts, water and essential fatty acids (omega 3,6,9) influence Leptin so you will eat less whereas simple sugars, artificial sweeteners and alcohol influence Ghrelin which keeps telling you to eat resulting in extra unwanted kilos.

Source. You on a diet, Michael F. Raison, MD & Mehmet C. Oz, MD

Group Fitness Classes

The NEW Body Pump release will be officially launched on Thursday 19th Feb at 5:30pm. "Summer Theme" - Celebrate the new release in your brightest summer workout gear.

We will also be raising funds for the Red Cross Victorian Bush Fire Appeal on the day.

Thank you
Phillipa
Group Class Coordinator

Red Cross Bush Fire Appeal

Due to the tragic devastation to the communities of Victoria we are collecting funds that will be forwarded to the Red Cross Bush Fire Appeal. Donations can be left at reception in the collection bucket. Thank you

Exercise Myth

You cannot spot reduce fat from doing crunches, sorry folks!

Spot reduction means that you want to work a "spot" to "reduce" the layer of fat under the skin at that spot. Most people think they can lose fat at a spot by exercising that spot, but is the biggest of all the abdominal exercise myths. Any excess fat the body doesn't need is stored under the skin. For many people this storage site is on the stomach, for various reasons - genetics, lifestyle, hormones and evolution.

There are 3 main places muscles get calories to burn.

1. There is some fat and sugar (carbohydrates) stored inside your muscles. It is really easy to burn fat inside the muscles because it is already in the fire place.
2. There is fat and sugar in your blood stream. When your muscles start working they need more oxygen, nutrients, and energy. So it is relatively easy for the muscle to burn calories from fat and sugar in your blood.
3. There is fat stored all over the body, especially under the skin. It is much harder to burn stored fat because it is the least convenient place for the body to get energy.

Fire Place Analogy

Using the fireplace analogy, imagine that you already had logs in the fireplace. You would simply have to light the fire to burn the logs. That's like the fat that is already inside your muscle....it's really easy.

Now image that you have a stack of logs next to the fireplace. As the fire needed more logs to keep going, you would simply pick up another log and throw it on the fire. That's like picking up calories and fat to burn from your blood. It's a little more work, but still not that difficult.

Now image that you had no logs left and needed to go to the back yard, chop down a tree for firewood, and carry it back to the house. That's like getting energy from stored fat under the skins... It's hard to do and takes time.

Having said all that, working your abs is still extremely important. Working your abs will help to keep you fit, support good posture, prevent back pain, increase core strength, and improve your sports performance.

Trinity (previously known as Sue) our BodyPump, Cycle, and Pilates instructor is leaving Group Fitness instructing to concentrate on other business ventures. Trinity has been instructing at Kincumber Gym since 2005 and is not only an awesome instructor, but has inspired many of our members and staff over the years. Thanks for your contribution to Kincumber Gym. Good luck with your future ventures.



Trinity

"Christmas 2006
Body Pump launch"

Words of Wisdom

**"It's not that some people have willpower and some don't.
It's that some people are ready to change and others are not." James Gordon. M.D**

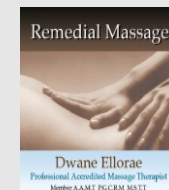
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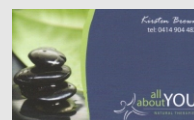
Ph:4369 0600



Central Physiotherapy
Terrigal ph: 02 43844668



Ph: 4369 5409



Ph: 0414 904 482



South Kincumber
Ph: 4368 2268



Your Health Shops

Erina Ph: 4367 4711

