

# Kincumber GYM News Letter

January 2010  
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[www.kincumbergym.com](http://www.kincumbergym.com)

# WIN

## A Life time Membership

Refer your friends  
or  
Donate \$5 or more and YOU  
get a chance to WIN a **FREE**  
Lifetime Membership with  
Kincumber Gym

help us raise funds for  
Central Coast Kids in Need Inc

Helping families with seriously ill children.

## Drawn Open Day Sat 6th Feb 2010

## Tucker Time

### Barbecue Steak with Balsamic Mushrooms

#### Ingredients:

4 large flat mushrooms, thickly sliced  
1/4 cup balsamic vinegar  
4 steaks, trimmed  
1 cup semi-dried tomatoes, chopped  
1 olive oil cooking spray  
Salt & ground black pepper

#### Directions:

Place mushrooms into a ceramic bowl. Pour over the dressing. Toss to coat. Cover and stand 15 minutes to marinate.

Preheat a barbecue plate on high until hot. Reduce heat to medium. Spray both sides steaks with oil. Season with salt and pepper. Barbecue 4 to 5 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil to keep warm.

Add mushrooms to the barbecue plate. Cook, tossing for 3 minutes until just tender. Transfer to a bowl. Add tomatoes and stir to combine. Place steak onto plates. Spoon over mushrooms and serve with jacket potatoes.

(Per Serving) Calories 298 cal Kilojoules 1,253 kJ Fat 13.0 g Carbohydrates 10.0 g Protein 37.0 g Cholesterol 75.0 mg Sodium 492 mg Saturated Fat 4.0 g Fibre 1.5 g Calcium 27.0 mg Total Sugars 6.0 g

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



## BOOT CAMP



Starts Monday 1st Feb

Hurry - Places are limited

Payments can now be made at reception.

## Thank You

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

**Grayson E x 2**

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.

# OPEN DAY

Sat 6th Feb

- WIN a Life Time Membership draw
- Jumping Castle
- Sausage Sizzle + Raffles
- Avoca Beach Rural Fire Brigade
- Face Painting
- Balloons
- Give aways
- Free Class Demo's
- Local massage therapist and physiotherapist
- Appearances by -  
Ms Natural Olympia 2009- **Mel Pearson**  
WBO Asia Pacific Junior Welterweight & IBO  
Lightweight Champion - **Stevie Wills**

and much more...

Help us raise funds for Central Coast Kids In Need.

## Tell us what you think!!!

You have probably noticed we have made some floor changes to the cardio & weight training area. The main reason was to create more space and provide a more welcoming environment.

Let us know what you think.

## Australia Day Operating Hours

We will be open Australia Day Tues 26th Jan from 9am - 2pm.

## Group Fitness Classes

Monday 25th Jan classes are as follows:

9:30 am Body Pump

10:30 am Cycle

10:45 am Seniors - resistance

Tuesday 26th Jan - NO CLASSES

Normal timetable will return Wed 27th Jan.

*Thank you and have great Australia Day.  
Phillipa  
Group Class Coordinator*

## NEW

## Weight Less Program



If you are serious about losing weight this year, complete our New 8-week "Weight Less" Program.

Includes personalised exercise program, unlimited access to the gym, weekly consultations with a trainer to measure results, and offer nutrition advice.

Consultations include realistic goal setting, expectations and food diary.

Ask one of our staff for more details.

## 5 Tips For Weight Loss

### 1. Listen to your cravings

If you're craving something sweet, eat something sweet — just opt for something like fruit rather than ice cream. The same goes for crunchy cravings — try air-popped popcorn instead of potato chips. It's just smart substitution!

### 2. Ease your way into produce

If you're new to eating lots of fruits and vegetables, start slowly. Just add them to the foods you already enjoy. Pile salad vegies into your sandwiches or add fruit to your cereal.

### 3. Look for high-kilojoule hints

Want an easy way to identify high-kilojoule meals? Keep an eye out for these words: au gratin, parmigiana, tempura, alfredo, creamy and carbonara, and enjoy them in moderation.

### 4. Don't multi-task while you eat

If you're working, reading or watching TV while you eat, you won't be paying attention to what's going into your mouth. Today, every time you have a meal, sit down, chew slowly and pay attention to flavours and textures. You'll enjoy your food more and eat less.

### 5. Taste something new

Broaden your food repertoire; you may find you like more healthy foods than you knew. Try a new fruit or vegetable (ever had plantain, pak choi or star fruit?).

## Benefits of Regular Exercise Part 1.

We should all have a regular physical exercise routine, even if it is only half an hour each day for an energetic walk. The benefits and advantages of frequent exercise are enormous.

### 1. Increasing your metabolic rate.

This is particularly helpful to people who want to lose weight. Your metabolic rate is the one at which your body burn off calories and therefore fat when it is at rest. Regular exercise increases your metabolic rate and it helps to increase weight loss.

### 2. Improves cardiovascular health.

Cardiovascular exercise, or cardio as it is often referred to, is the exercise that works the heart and lungs. Regular exercise includes such things as: swimming and cycling. These exercises can also be described as aerobic. They exercise the heart and lungs making them much stronger and healthier organs.

### 3. Stronger bones.

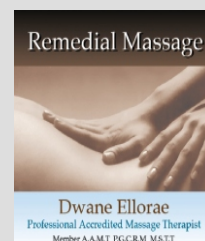
Regular weight bearing aerobic exercises such as: walking, jogging, aerobics classes, and dancing. All help to strengthen your bones.

Source. Ezines Articles

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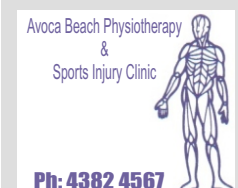
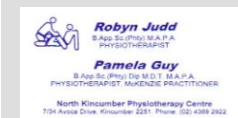
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## Words of Wisdom

“A man's health can be judged by which he takes two at a time - pills or stairs”.

Joan Welsh