

# Kincumber GYM News Letter July 2009

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

## Christmas in July



Payments can now be made at reception. Numbers need to be confirmed by 18th July so don't miss out.

**Saturday 25th July**  
**6:00 pm Avoca Beach**  
**Bowling Club**  
**BBQ Buffet \$20.00pp**  
**Includes Live Music by:**  
**Gravy Train**

Come along and meet your fellow members & enjoy great food, music and great company.

## *Thank You*

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

John B  
Kim F  
Emma L  
Julie R  
Sean R  
April A  
Maxwell B  
John M  
Karita R

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*

### Braised Chicken In White Wine Sauce

Serves 4

4 skinless chicken breasts (1 kg)

1 leek, thinly sliced

6 spring onions, thinly sliced

2 Tbsp fresh coriander, chopped

150 ml white wine

2 chicken stock cubes

400 ml water

1 clove garlic, crushed

100 ml light, evaporated milk

Lightly spray a deep, non-stick frying pan or saucepan with oil. Add chicken; cook for approx. 4 minutes until browned. Remove chicken; set aside.

On low heat, cook the leek, spring onion, garlic and coriander until soft (about 4 minutes). Add the chicken stock, water and wine; cover and bring to the boil. Reduce heat; simmer for 30 minutes. Stir through the milk and simmer uncovered until chicken is cooked (about 15 minutes). Serve hot.

Serve with steamed rice or couscous, broccoli florettes and baby carrots, if desired. Serving suggestions and garnishes not included in nutritional information.

**NUTRITIONAL INFO** Per Serving. Calories 356, Fat 7 g, Carbohydrates 8 g, Protein 60g Cholesterol 125 mg, Sodium 186 mg, Saturated Fat 1.5 g, Fibre 3.0 g

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



## Weight-Loss Myths Busted

### 'If I cut out all the fat, I'll lose weight'

Fat is the most concentrated supplier of calories, but it's also an essential nutrient for wellbeing. It's common for most of us to be confused about fat. There has been so much fat-focus for many years, that most people check fat content on nutrition labels and buy low-fat products. The major problem with this is that a lot of (low-fat) products contain lots of added sugar and therefore may still be moderate to high in calories. Good sources of essential fats, include nuts, seeds and fish. You can also reduce your intake of 'bad' fats by switching to low-fat dairy products, eating less meat and baked goods.

### 'To burn tummy fat I should do lots of sit-ups'

Exercising specific muscle groups doesn't burn fat from that area. But restricting your calorie intake and exercising, burns fat from all over the body. Sit-ups will have a good long-term effect by strengthening the abdominal area, however won't melt fat away from your tummy.

### 'I can't lose weight – I'm big boned'

It's true that our shape and bone structure are defined largely by genetics, but environmental factors such as diet play a huge part too. Genes may define the weight range you fall into, but **you** control where you fall within that range. Therefore, the amount of calories you consume will have a direct effect on whether you gain or lose weight.

Source: Weight Watches Magazine

## Congratulations

### Group Fitness Classes

#### NEW "Seniors on the Move" Class

Wednesday 11:30am.

Level 1-2 (gentle exercise)

Started 8th July

Class is complimentary for members, non-members is only \$7.00 to attend.

#### Class Update

Numbers have dropped off for the Monday 7:30pm Cycle class, Wednesday 9:30am Fitball and Wednesday 6:30pm Stretch class. We will monitor these class numbers over the next month.

We need your support to keep the classes full.

Thank you Phillipa  
Group Class Coordinator

### Introducing "Lucky Member Drawer"



Each month we have a \$50 Rebel Sport voucher to give away to one of our members. Each month we will randomly draw one member, and if you happen to be in the gym during a certain time you **WIN the \$50 rebel sport voucher.**

The first \$50 voucher to be won will be drawn on **Friday 31st July, during the hours of 6:30 am to 8:30am.**

Hours will vary each month, so everyone will eventually have an opportunity to win.

If we draw your name out, and you are in the gym during that time you **WIN** the \$50 gift voucher.

Remember, you have to be in the gym (doing a work out) to win.

### Tell us what YOU really think!

We want to look for ways we can improve your experience at the gym.

We recently sent out a survey to some of our members in the mail. If you didn't get a survey in the mail, and would like to complete a survey please collect one and hand back in to reception.

For those of you that participate in the survey we are giving you the opportunity to go into a draw to **WIN** one of 3 x FREE 1-month memberships. There are 3 chances to WIN a free month, so don't forget to put Your name at the bottom of survey (optional) and return the surveys before 31<sup>st</sup> July 2009.

We want to congratulate all our members that completed the recent Bay to Bay fun run.

A special mention to Patrick Watson for his fantastic achievement. Although Patrick has recently stopped coming to Kincumber Gym, he took time out to thank Kincumber Gym for starting his passion for fitness and to let us know that he is still working hard keeping up his fitness goals.

"Just thought I'd drop a line & this picture to show you I'm still hard at it, & to say thanks for kick starting me 3 & a 1/4 years ago.

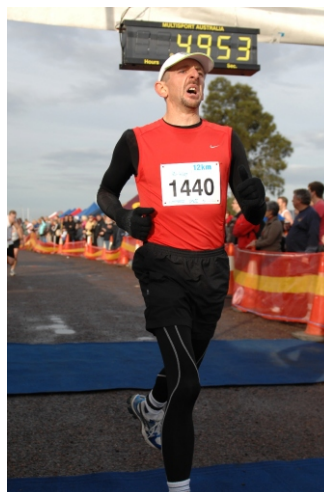
This was my **1<sup>st</sup> ever** competitive run (the only fun part is when your'e finished.)

I was **very** happy to finish **10<sup>th</sup>** in my age category (40-49) out of 211 men, **94<sup>th</sup>** out of 809 men & **100<sup>th</sup>** out of 1575 total runners @ 49m 53s, only 5 min from the winner of my category.

I even managed to convince my wife Leanne & daughter Jessica to do the distance as well, annoying some competitors by jogging back 5 km to meet up with Leanne & accompany her to the finish line. I didn't see a Kincumber Gym team, though I did see a couple of your members which was good. 4 in 1 Fitness flew their flag & it would be good if you did too... I would happily fly your colours next year (assuming I'm still up for it) as a thank you for your help while I was there."

Keep well & a big cheerio to everyone  
Sincerely Patrick Watson :O)

**Thanks Patrick for your support, and letting us know how you are going. We would like to get a team together from Kincumber Gym next year to run the Bay to Bay.**



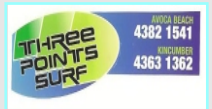
Patrick crosses the finish line.

We also congratulate Leigh Clark who has been selected to dance at the Edinburgh Military Tattoo in August. Dancers are selected from around the world to perform, with over 100 million viewers world wide.

### Words of Wisdom

"Our greatest weakness lies in giving up.  
The most certain way to succeed is always try just one more time." Sir Thomas Eddison.

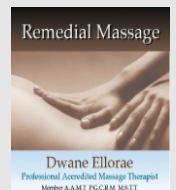
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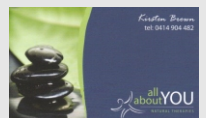
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