

Kincumber GYM News Letter October 2009

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DON'T FORGET BOOT CAMP



Places are going fast. The 6:00 am class is almost full. So don't miss out

Starts 23rd October

Mixed Session- 6:00am Monday & Friday

Ladies Only- 9:15am Monday & Friday

Register your participation at reception.

Personal Training Buddy

New to Kincumber Gym is our Personal Training Buddy Program. This is designed to help you get into Personal Training by sharing the cost with a buddy.

If you want to do Personal Training and do not have someone to train with, we will endeavour to place you with a member who has the same health & fitness goals as you.

Register at reception now, so we can match you up with a suitable partner, and get you both started on your journey to the new you.

Thank You

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

Natalie 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

Prawn & Avocado Pizza

Ingredients:

- 1 unbaked pizza base, 30cms (12")
- 1/2 Tbsp olive oil
- 2 tsp garlic, finely chopped
- 1/2 cup red onion, chopped
- 1 avocado, cut into 1/2cm slices
- 1/2 cup roasted red capsicum, coarsely chopped
- 1/2 cup (lightly packed) peeled prawns
- 3/4 cup reduced-fat cheese, grated
- 20 fresh basil leaves, shredded



Directions:

Brush pizza dough shell with olive oil; sprinkle with garlic

Scatter, one at a time, onion, avocado, roasted capsicum and prawns.

Sprinkle with cheese.

Bake at 260 degrees until lightly browned, about 10 minutes.

Lightly sprinkle with basil, cut into eight slices and serve.

NUTRITIONAL INFO (Per Serving)

Calories 306 cals Kilojoules 1,279 kJ Fat 11.5 g Carbohydrates 37.7 g
Protein 14.3 g Cholesterol 37.0 mg Sodium 526 mg Saturated Fat 2.7 g
Fibre 4.9 g Calcium 211.0 mg Total Sugars 6.0 g

Source: www.calorieking.com.au

Weight-Loss Myths Busted

I can lose weight through exercise alone

Regardless of how much exercise you do, you still need to follow a healthy eating plan in order to effectively lose body fat and keep it off. Bear in mind that even though you can easily eat 3000 kilojoules in five minutes, it will take the average person around three 20-minute jogging sessions to burn it off. The best thing to do is avoid being famished after exercise by eating a light meal or healthy snack an hour or two before you start. Also, make sure you are well hydrated before and during exercise, and continue drinking water after you stop.

I need to wait until the time is right

It's all too easy to put off taking that first step, but chances are that if you wait until after Christmas/winter/your birthday, you'll only find another excuse for delaying the start of a healthy eating plan. Instead of making grand plans for the future, make small changes in the present. There's always something you can start today. The key is to think more in terms of making realistic lifestyle changes and not to be discouraged if you have a setback.

To lose weight, you need willpower

Willpower is not something you either have or don't have. It can vary from day to day depending on your emotional state. Instead of thinking you must resist every temptation and berating yourself when you don't, concentrate on leading a healthy lifestyle that incorporates occasional treats.

Source: [Weight Watchers Magazine](#)

Inside NEWS

Business Awards

Kincumber Gym is a Finalist in the Central Coast Express Advocate 2009 Business Achiever Awards. We would like to thank all our staff and members who voted for us. Results are announced later in the year, after further judging is completed. Wish us luck.

Musashi

A representative from Musashi will be at the gym on Monday 19th Oct between 5:30pm – 6:00pm to talk about supplements.

Group Fitness Classes

Commencing 7th Oct, Wednesday Pump will now start at 10:25am.

As of the 7th October, Trevor will be sharing Wednesday night Blitz Class with Les.

Please be advised that the Wednesday 6:30pm Stretch class and the Tuesday 7:30pm Hip Hop classes are under review, due to poor numbers. There is no longer partner stretching in the Stretch class.

Saturday 31st October Changes

As a thank you to members for supporting our classes throughout the year we are adding some variety to the timetable on Sat 31st Oct, so come along and enjoy the day.

Pump	8.25am	45 mins
Combat	9.15am	30 mins
Step	9.45am	30 mins
Hip Hop	10:15am	30 mins
RPM (cycle)	10:15am	30 mins
Balance	10:45am	

Register your interest in participating in these classes at reception from 24th Oct.

*Thank you
Phillipa
Group Class Coordinator*

Christmas Party

Keep Saturday 5th December free for the Kincumber Gym Christmas Party.



Words of Wisdom

**“Motivation is what gets you started.
Habit is what keeps you going.” Unknown**

OUR VERY OWN CHAMPIONS



Mel Pearson

Mel, our Personal Training Manager recently challenged herself and competed in her very first ladies bodybuilding competition.

Mel's achievements to date:

1st Place: 2009 WNBF Central Coast & Newcastle Women's Lightweight Bodybuilding & Overall Women's Bodybuilding Champion.

1st Place: 2009 INBA NSW Championship Women's Natural Physique Champion.

2nd Place: 2009 INBA Australian Championships Women's Bodybuilding Open.

2nd Place: WNBF Asia-Pacific Championships Women's Bodybuilding Lightweight.

Warwick Pearson

Warwick, Mel's husband is a second time veteran at bodybuilding competitions and also entered the INBA and WNBF competitions.

Warwick's achievements to date:

1st Place: WNBF Central Coast & Newcastle Men's Lightweight Bodybuilding Champion.

2nd Place: WNBF Central Coast & Newcastle Men's Bodybuilding Masters.

3rd Place: INBA NSW Championships Men's Bodybuilding Masters (40-49)

2nd Place: WNBF Asia-Pacific Championships Men's Bodybuilding Masters

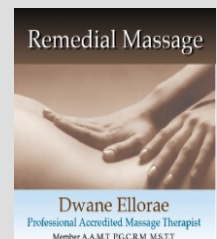
3rd Place: WNBF Asia-Pacific Men's Bodybuilding Lightweight.

Congratulations to the both of you, we're very proud of you. Good luck in the 2009 Natural Olympia Titles.

Our Sponsors
Thankyou



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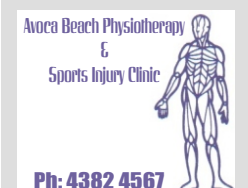
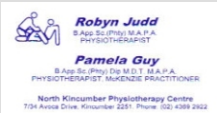
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