

# Kincumber GYM News Letter

September 2009  
Units 3 & 4, 1 Kerta Road Kincumber NSW 2251 Ph: (02) 4368 1215  
www.kincumbergym.com

## BOOT CAMP IS BACK



**Starts 23rd October**

**Mixed Session- 6:00am Monday & Friday**

**Ladies Only- 9:15am Monday & Friday**

**Register your participation at reception.  
Hurry, places are limited.**

## *Thank You*

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

**Karlee E  
Shane C  
Marie W  
Maryanne S  
Sean R  
Adrian J**

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.

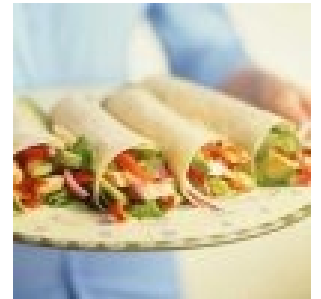
### THE//CANS

Member, Tommy McNamara's band "The Cans" is supporting Mental As Anything at The Entrance Leagues Club on Fri 25th September.  
[www.myspace.com/thecansband](http://www.myspace.com/thecansband)

## *Tucker Time*

### Avocado and Chicken Tortillas

4 Tbsp lime juice  
1 red chilli, finely chopped  
2 cloves garlic, crushed  
1 Tbsp chopped oregano  
500 g chicken breast fillets  
4 flour tortillas  
200 g tub low-fat natural yoghurt  
220 g jar of salsa  
8 large lettuce leaves  
1 large red onion, cut into wedges  
1 red capsicum, seeded and sliced  
1 medium avocado, sliced



Combine lime juice, chilli, garlic and oregano. Add chicken breasts and marinate for three hours or overnight.

Spray a non-stick pan with olive oil spray and cook chicken for five minutes on each side. Remove from pan and slice.

Warm tortillas according to packet instructions.

Smooth a quarter of the yoghurt and salsa over each tortilla and top with lettuce, chicken, onion, capsicum and avocado.

Roll and serve.

**Nutritional info.** Calories 410, Fat 11.5g, Carbohydrates 38g, Protein 37g, Sodium 717mg, Saturated Fat 3.5g, Fibre 4.5g, Calcium 129mg

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

## Weight-Loss Myths Busted

### Carbs are the enemy

Anti-carb crusaders have taken foods such as bread and potatoes off the menu for many slimmers. There is no evidence to suggest that high carbohydrate intakes are associated with increased levels of being overweight or obese. Some people also mistakenly believe that high-carb foods are always high calorie foods. But that's not true. For example, bread contains around the same calories as an apple.

### I shouldn't eat anything after 7pm

Successful weight loss isn't so much about when you eat, but what and how much. There is no research to support that eating after a magic time in the evening leads to greater weight gain, however snacking in the evening can be a trap for many people.

### I can't keep to the goals I set

Sticking to a weight-loss program long term isn't always easy. But many slimmers are guilty of setting unrealistic goals from the start. You can't expect to shed a large number of kilos in a matter of a few weeks. The best way to achieve your ultimate goal is to set a series of smaller, progressive goals, and reward yourself for achieving each one. Slow and steady is always the healthiest and most effective approach.

Source: Weight Watches Magazine

# Inside NEWS

## Group Fitness Classes

Commencing 16th September Cycle will replace the Fitball class on Wednesdays at 9:30am.

Based on your feed back there will be no more partner stretching in the Stretch class, however we need more members to support the class. Numbers will be monitored over the next month.

Don't forget if you want to do Boxing or Blitz classes you must bring your own cotton inner gloves for hygiene purposes. They can be purchased at reception for \$2.00.

Thank you  
Phillipa  
Group Class coordinator

## Lucky Member Draw



Unfortunately, the \$50 Rebel Sport voucher wasn't won last month.

If you are in the gym (doing a work out) on Monday 21st September between the hours of 12noon - 2pm, and we randomly draw your name out, you will WIN a \$50 Rebel Sport voucher.

## National Stroke Week 14 - 20 Sept

Recognise the early signs of a stroke in someone else

- Has their face/mouth dropped
- Can they lift both arms
- Is their speech slurred

Recognise signs for yourself

- Weakness or numbness in your face, arms, legs
- Difficulty speaking or understanding
- Dizziness, loss of balance or unexplained fall
- Sudden loss or blurred vision
- Severe or sudden onset of headaches
- Difficulty swallowing

### Time is Critical

If you think you, or someone else is having a stroke call 000 immediately

**Think F.A.S.T. Act FAST!**

## 12-Week Challenge

This Winter, Kincumber Gym held it's first 12-Week Winter Challenge.

Congratulations to everyone who accepted the challenge. Taking on a challenge is always a little daunting. However, the participants would agree that it was well worth the initial fear and trepidation.

Every participant entered the challenge having first set their own goals.

All were given guidance on what they needed to do with their nutrition, exercise and general lifestyle, if they were to work successfully towards the goals they had set themselves.

In addition to increases in fitness and strength, learning about what to put in the body and how it works we saw the following:

- Combined Weight Loss > 50kgs**
- Increase in Muscle of > 14%**
- Decrease in body Fat > 31%**
- Decrease in Waist Measurement > 40 cm**
- Decrease in Hip Measurement > 31 cm**
- Decrease in Chest Measurement > 32 cm**

These are fantastic results and we congratulate everyone who participated.

So what did the participants say about the challenge:

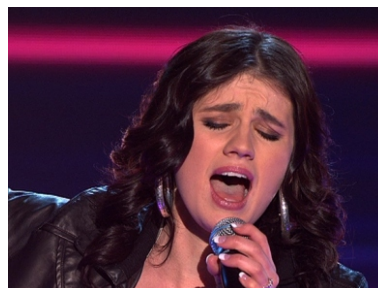
*"I understand more about the food I eat and what is OK and what I need to change. How the type of exercise I do makes a difference. That I can change and get fit"* **Tess**

*"I enjoyed the challenge and would recommend it to anyone. The staff are very supportive and encouraging and I achieved some of my goals by losing body fat and increasing muscle"* **Kathy**

*"The trainers were fantastic. A big thank you for a great challenge, encouragement and support"* **Leanne**

**All participants who successfully completed the Challenge went into the draw to win a 3 month gym membership. Congratulations to Kathy**

## Our Very Own Australian Idol Ashleigh Toole

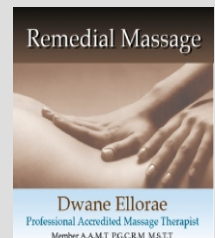


Congratulations for making the Top 12 in Australian Idol

Our Sponsors  
Thankyou



Central Physiotherapy  
Terrigal ph: 02 43844668



Ph: 4369 5409



Ph: 0414 904 482



Erina Ph: 4367 4711



Ph: 4382 4567



Words of Wisdom

**"Never eat more than you can lift". Miss Piggy**