

Kincumber Gym Newsletter

January 2011

Happy NEW Year

Did you know that 50% of Australians make New Years Resolutions, and almost 88% fail to keep or achieve them. This can be put down to the simple lack of realistic planning and goal setting.

So, is there a difference between a New Years resolution and a goal, or are they the same thing?

The most obvious difference would have to be the timing, while the beginning of the year is a great time to make goals, most people are so busy and distracted at this time of year to make them real.

The most common resolutions are

- Lose weight
- Save Money
- Quit smoking

Not exactly original, and not at all specific - and that's why they fail.

Turn your resolutions into goals by making them specific, timely and monitor your progress.

Eg. Start regular exercise by walking to work twice a week. Make sure I do a Pump class Wednesday night and Cycle/Box on Friday starting now. Clean out the out the fridge and pantry and fill it with nutritious and healthy food next time I go shopping. I can tell if I am losing weight if my clothes get looser, and my goal is to drop 1 dress size in 3 months.

See how this goal is realistic, specific, and can be measured. You also have set yourself a target so you know if you have achieved your goal.

Remember to:

- Write down your goals
- Share them with others
- Track your progress
- Reward yourself for success

OPEN DAY 2011



Saturday 5th March

9am –2pm

Come along, have some fun and support local business

- Class Demos
- Free jumping castle for the kids
- Giveaways
- Prizes and much more.

This year, in addition to inviting our sponsors we are also inviting other local businesses to come and promote their own goods and services, so if you own, or work for another local business please see reception about securing a spot on our Open Day.

Spots will be limited, so be quick.

Australia Day

**The gym will be closed on
Wednesday 26th January to
celebrate Australia Day**



Ultimate Abs

The only way to get great abs is to lose the body fat in that area.
The way to lose body fat is to

1. Participate in regular cardiovascular exercise
2. Maintain a full body strength training routine
3. Eat a nutritious, calorie conscience, healthy diet



The key is to change your lifestyle to one that promotes weight loss rather than fat storage.

The golden exercises for the abdominal region, when done all together will use all of your abdominal muscles. Often people will only do crunches, and while these are great, they are neglecting to strengthen the other 75% of their midsection.

There are 4 basic areas to focus on. Upper abs, lower abs, oblique's (sides) and entire core.

Try all these exercise to work your whole core.

THE CRUNCH - focuses on upper abs

OBLIQUE CRUNCH - focuses on your side

EXERCISE BALL CRUNCH - focuses on your whole core and stabilisation

THE TOE TOUCH (lying down) - depending on the version, can focus on upper and lower abs

THE HANGING LEG RAISE - lower abs

PILATES CLASSES - focuses on your whole core

Remember that everyone is different, so only some people will achieve the ultimate six-pack.
See a trainer for more information on how you can trim and strengthen your abs.

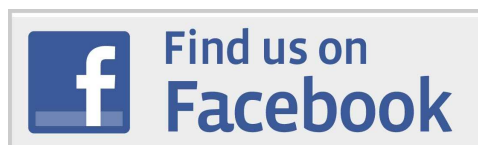


Christmas Toy Hamper

Thank you to everyone who donated to the Central Coast Community Chest toy donation again last year. The toy box was overflowing with toys. A special thank you to Lloyd, Julie and Kenya for their considerable donations.

Queensland Premier Flood Relief Appeal

You can help make a difference by donating to the Flood Relief Appeal. We have a collection tin at reception, with all funds going directly to the appeal.



Remember to go and "Like Us" on Face Book, so you can keep up to date about what's happening at the gym.

BOOT CAMP

**Starts Monday 7th February.
Places are strictly limited.**

Those fully paid will be first to secure a spot.

FREE Spinal Check!

Eric from Champion Chiropractic is back for your **FREE Spinal Checks on Mondays** Starting on **Monday 7th February from 6pm.** Please see reception to book in.