

Kincumber Gym Newsletter

May 2011

Look Trim, Toned and Terrific this Spring

Join the Kincumber Gym

12 WEEK WINTER
CHALLENGE



Starts: 1/06/2011

GRAB AN INFORMATION SHEET
FROM RECEPTION AND
REGISTER YOUR INTEREST TODAY



Personal Training, Who needs it!!! *You Do.*

Personal Training can benefit EVERYONE, regardless of your fitness level, goals or age. Why not be trained without having to think about what you're going to do each day. Let our Personal Trainers put you through your paces, keep you motivated and help you achieve your goals.

People who engage a personal trainer one or more times a week are much more likely to stay motivated and achieve their weight loss and exercise goals than going it alone. Isn't it time for you to get the results you deserve???

See one of our professional; TODAY

NEW Pre Teens

Introducing Pre Teens for
9-12 year olds
Mondays 4pm—5pm

We had some great feedback about our first Pre Teen Class. The kids had a great time with their trainer Michelle.



Did you know?
Kids who exercise regularly perform better at school and are more confident around their peers

Want to stop those late night cravings ?
Craving something sweet at night, try brushing your teeth. Cookies and chocolate don't taste that good after you have brushed your teeth.

Group Classes

Saturday 11th June 9:30am Boxing will be replaced with **COMBAT** to give you a bit of variety. Boxing will be back the following week.



We know the colder weather is upon us, but please continue to support all the classes especially the early morning and late nights as we want to be able to continue all the classes through out Winter.

June Long Weekend

Monday 13th June the gym will be open from 9am - 2pm. There will be no crèche over the long week end, with reduced classes on Monday.

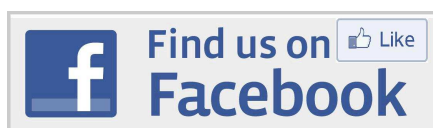
FREE Spinal Check!

Eric from Champion Chiropractic will be providing FREE spinal Checks in the gym on **Monday 6th June from 6pm.** Please see reception to book in.

Congratulations

Congratulations to Kincumber Gym member, Liam Burrows who was on Australia's Got Talent.

Liam got great feedback from all 3 judges and a great reception from the audience. Liam now goes through to the next round. We wish Liam all the best.



Become a fan of Kincumber Gym on Facebook by the end of May and you could **WIN a \$25 REBEL SPORT Gift Voucher.**

Chicken Noodle Lettuce Cups



Ingredients (serves 4)

- 1 (about 220g) single chicken breast fillet
- 100g mung bean vermicelli
- 1 large carrot, peeled, coarsely grated
- 1 Lebanese cucumber, finely chopped
- 1 celery stick, trimmed, finely chopped
- 1/2 red capsicum, deseeded, finely chopped
- 1 tbs sesame seeds
- 1 tbs soy sauce
- 1 tbs sweet chilli sauce
- 8 small iceberg lettuce leaves, washed, dried

Method

1. Fill a large frying pan with water and bring to the boil over high heat. Reduce heat to low. Add the chicken and simmer for 8 minutes or until cooked through. Transfer to a plate and set aside for 15 minutes to cool. Shred the chicken into thin strips and place in a large bowl.
2. Meanwhile, place the vermicelli in a heat proof bowl and cover with boiling water. Set aside for 5 minutes to soften. Drain well. Use kitchen scissors to cut into 3cm lengths.
3. Add vermicelli, carrot, cucumber, celery, capsicum and sesame seeds to the chicken. Whisk together the soy sauce and sweet chilli sauce in a jug. Add to the chicken mixture and gently toss to combine.
4. Spoon the noodle mixture among lettuce leaves and serve immediately.

Nutrition Info: per serve - energy 845kj:
Protein 16.00g, fat total 3.50g, sat fat 0.50g,
Carbohydrates 26.0g, dietary fibre 4.50g,

A little bit of inspiration
"Giving up is the ultimate tragedy."
Robert Donovan