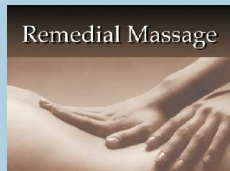


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# KINCUMBER GYM

Newsletter March 2010

## Inside News

### Creche

Creche Hours

Our new times are  
8:45am - 12:00 pm  
Monday - Friday.

### Seniors

Seniors Class on Mondays now starts from 11:00am, we hope the new time makes the classes much more enjoyable.



### Farewell

WE would like to take this opportunity to farewell both Leonie and Angela and wish them all the best in their future endeavours.

### Welcome

As we farewell we also welcome. We would like to welcome to the team Bel (Belinda), Kayla and Josie.

### Personal Training!!!

Have you had yours today?

Why not see Josh, Bel or Vicky about personal training today.

### NEW

## Weight Less Program



If you are serious about losing weight this year, complete our New 8-week "Weight Less" Program.

Includes personalised exercise program, unlimited access to the gym, weekly consultations with a trainer to measure results, and offer nutrition advice.

Consultations include realistic goal setting, expectations and food diary.

Ask one of our staff for more details.

## Seniors Week

Come along and celebrate Senior's Week with us Monday 22nd - Friday 26th March 2010.

Free Seniors On The Move classes for all seniors all week including a special morning tea just for you 12:30pm 24th March 2010.

Exercise in our latter years is extremely important for improved quality of life. General exercise in seniors has been proven to increase strength, flexibility, endurance and balance. Not to mention increase in bone density, lowering blood pressure, cholesterol and reduce your chance of developing heart disease. So come along, bring a friend for free and have



## 1. Improves mood.

Mood swings are governed by hormones called endorphins that are found in the brain. When our endorphin levels are low, we experience feelings of depression. It is proven that exercise increases endorphin levels thereby helping to reduce or alleviate feelings of depression. A survey has revealed that people who perform regular exercise are as much as 50% less prone to depression than people who do not exercise. It is also known that work outs promotes the production of the serotonin. Serotonin has been associated with calmness, therefore creates feelings of increased calmness.

## 2. Increased brainpower.

The brain, through its ability to stimulate increased blood flow, also facilitates a healthier and more active brain with exercise.

## 3. Improved immune system.

Regular physical exercise has also been linked with beefing up the immune system so that simple infections such and colds and flu are contracted less often.

## 4. Keeps you looking more youthful.

As mentioned earlier, habitual exercise also increases the blood supply and aids circulation. This helps to reduce the amount of fine wrinkles. This weight loss will also maintain you to looking and feeling younger.

## 5. A more flexible body.

If we do not exercise our joints and muscles tend to seize up. Regular exercise helps to keep our bodies more fluid, which facilitates our body's agility and mobility.

It can clearly be seen just how good and also how important regular physical exercise is for us. It not only keeps us fit, but it helps us to lose weight, it improves our mood. It also prolongs our life by promoting a strong healthy heart and it allow us to look and feel younger too.



## Tucker Time

### Chicken & Avocado Risotto

#### Ingredients:

- 2 Tbsp olive oil
- 2 cup green capsicum, diced
- 1/2 cup frozen corn kernels
- 1 1/2 cup tomato, diced
- 4 cup white rice, cooked
- 3/4 cup fresh basil, chopped
- 1/2 medium avocado, diced
- 6 skinless chicken breasts (100g each)
- 1/2 cup fresh capers
- 3/4 cup lemon juice
- 1/2 cup fresh parsley, chopped finely
- 1/2 medium avocado, sliced (for garnish)



#### Directions:

Risotto: Put 1 tbsp olive oil in a frypan and sauté the capsicum, corn, and tomato for approximately 5 minutes. Add the precooked white rice and basil.

Simmer for approximately 5 more minutes and set aside. Add the diced avocado.

Chicken: Sauté the chicken breasts in 1 tbsp olive oil for approximately 5 minutes on each side over low heat.

Remove chicken from frypan and set aside. In the same pan sauté the capers for approximately 1 minute.

Remove from heat and add lemon juice and parsley.

To serve, place the risotto mixture on plate and top with chicken breast. Pour the caper and lemon juice mixture over the chicken and rice. Garnish with the avocado slices.

Nutritional Info: (per Serving): Calories 462, Fat 13.0g, Carbohydrates 52.0g, Protein 32.0g, Cholesterol 72.0 mg, Sodium 170 mg, Saturated Fat 2.0g, Fibre 3.0g

## Words Of Wisdom

**In order to change we must be sick & tired of being sick & tired.**

Author Unknown.