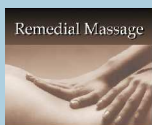


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Newsletter September 2010

NEW Group Fitness



We want to thank our members for supporting the 3 new classes that were launched this month.

Zumba has been extremely popular. Phillipa has done an excellent job choreographing the routines. Come and join in the fun exercise of Latin dance. Helps tone core, thighs and abs. Suitable for all to try.



Bicycle Bingo
Play bingo while you cycle. We have given away over \$100 worth of prizes so far!

Cycle / Box
We had 19 people participate in the first class which was a fantastic response.

Inside News



Jump into Spring with Phillipa

Phillipa, our Group Class Coordinator is now on board as a Personal Trainer.

To welcome Phillipa into her new role, we have some PT specials with Phillipa for September.

- 1 hour session
\$55 or \$500 for 10 pack

- 1/2 hr session
\$35 or \$300 for 10 pack

BOOT CAMP

Starts Monday 11th October. Places are limited and filling fast. See reception for more details

Christmas Party

Join us for Barefoot Bowls and dinner at Avoca Beach Bowling club on Saturday 27th November.

Monday 4th October Long Week End

Gym will be open 9am—2pm.
Classes on this day will be
9:30am PUMP & 10:30am Hip Hop.

THANK YOU

We are a finalist in the category of **Fitness Retail Services** in the Central Coast 2010 Business Achiever Awards.

Thank you to all our members, staff and sponsors who voted for us.

Does an apple a day really keep the doctor away?



Apples are full of fibre, carbohydrates, vitamins, minerals and antioxidants. All that goodness wrapped up in the ultimate fast-food. But will eating them really keep the doctor away?

There is a whole lot of research claiming that an apple a day can keep a doctor away. The humble apple is full of flavonoids, which help reduce the risk of heart disease and stroke. They may also lower the risk of cancers, especially those of the prostate, lung and colon. They can even cut your chance of getting asthma.

The major thing to remember is a healthy lifestyle is a life long choice. In addition to your apple-a-day include regular exercise, healthy eating and a good nights sleep to reduce your trips to the doctor.

Win \$1,000 cash

Don't miss out on your chance to WIN \$1,000 cash. All you need to do is bring your family, friends, or neighbours (that are not current gym members) to the gym with you for a workout and you go into the draw to WIN \$1,000. If they get started on a membership you get bonus entries.

Winner to be drawn 30th September 2010



Well done to all those who participated in the Winter Challenge for 2010. Congratulations goes to Judy Murray who won the Free months membership.

Thank you to ASN Erina who donated some great prizes for the Challenge.

Beauty Therapy Treatments at the GYM

Nicky & Josine from Diamond Beauty are available in the gym (crèche) from 1pm Tuesday to Saturday (excluding Wednesday) to look after all your beauty needs.

Services and prices are located next to the notice board.

Ring ph: 0423 376 751 to book an appointment.

Tucker Time

Chicken and Mushroom

Ingredients for 4 serves:

- 1/2 cup walnuts, chopped
- 1 brown onion, finely chopped
- 2 tsp cloves garlic, crushed
- 300 g button mushrooms, chopped
- 700 g chicken mince, lean
- 1 1/2 cup fresh breadcrumbs
- 1/2 cup flat-leaf parsley, chopped
- 1 egg
- 3/4 cup fruit chutney
- 1 salt & ground black pepper



Method:

Preheat oven to 180°C. Lightly grease a 7cm deep, 10 x 20cm loaf pan. Place walnuts into a non-stick frying pan over high heat. Cook, tossing for 5 minutes until toasted. Remove to a board to cool. Add the oil, onion and garlic to the frying pan. Reduce to medium heat.

Cook for 3 minutes until soft. Add mushrooms, increase heat to high and cook for 4 minutes until mushrooms are soft and all moisture evaporated. Set aside to cool.

Combine the mushroom mixture, chicken mince, bread-crumbs, parsley, egg, salt, pepper and walnuts in a large bowl. Mix until well combined. Spoon the mixture into the greased pan. Use your hands to press down firmly and smooth the surface.

Bake for 40 - 45 minutes or until light golden and cooked through. Set aside in the pan for 10 minutes before transferring to a rack. Brush top with 1 tablespoon chutney. Slice and serve warm or cold with remaining chutney.

Per serving. Calories 491g, Protein 54g, Carbs 41g, fibre 5g, fat 13g, (sat fat 1g)

Source. Calorie King

Words Of Wisdom

"You can't leave foot prints in the sands of time, if you're sitting on you're butt. And who wants to leave butt prints in the sands of time."



Bob Moawad