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Thankyou



Central Physiotherapy  
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Remedial Massage

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Professional Accredited Massage Therapist

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# KINCUMBER GYM

3/1 Kerta Road Kincumber ph: 4368 1215 www.kincumbergym.com.au

Newsletter July 2010

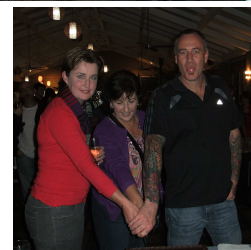
## 5 Year Member Celebration

Thank you to all of our members, their partners and staff who helped celebrate our first 5 Years. It was a great night with great company and great food. We'd also like to thank Kincumber Hotel for helping us celebrate this occasion. We are looking forward to celebrating another 5 years with you all.

Thankyou  
Bryan & Belinda



Belinda and Bryan



Gemma, Michelle &  
Sean cut the cake

## Inside News

### Business Card WINS

Congratulations to Melanie K for winning the \$50.00 Rebel Sport Voucher in our business card promotion. Congratulations

### Member Survey Winner

Congratulations to Emma P for winning the \$50.00 Rebel Sport Voucher for completing our online member survey before the 30th June 2010. There were 143 members who completed the survey and we would like to thank you all for taking the time to provide us with your thoughts and feedback. Survey results will be published in our August newsletter.



### Group Class

#### Seniors on the Move - Gentle

It's back Wednesday 11.30am.  
Please support the class.

#### ZUMBA

Some of our instructors are completing their Zumba training at the end of August, with plans to have it on the timetable in September. So, get ready to **ZUMBA**.

#### Bicycle Bingo

Starting August we are introducing Bicycle Bingo, where you can win great prizes. Based on the game bingo, participants will be given a bingo card to mark while exercising on a bike in the cardio room. Remember you have to be in it to win it.

## FREE SPINE CHECK

This month we have Eric from **Champion Chiropractics** available to provide free spinal checks. Eric says the checks are a great way to determine your spinal health and can also help identify problems such as spinal curvature.

Eric will be here:

**Thursday July 22nd 3.00- 4.00 pm**

**Monday July 26th 5.30 - 6.30 pm**

To register a spot for your free spinal check fill in you name on the spinal check register at reception.



## Beauty Therapy Treatments at the GYM

Nicky & Josine from Diamond Beauty will be at the gym on **Wednesday 28th July from 1pm** to look after all your beautician needs.

Services and prices are located next to the notice board.

Ring ph: 0423 376 751 to book an appointment.

## Liquid Calories Ahead ... Proceed with Caution

You might be watching what you eat, but you also need to keep a close eye on what you drink. Liquid calories slide down easier and are not as well regulated by natural appetite mechanisms.

There are many different beverages to entice you.

Here's the math...52 weekly 500 calorie thick shakes = 26,000 calories. There are roughly 7000 calories in 1 kg of body fat, so that's 3.7kg extra from just 1 drink.

Be aware of these high calorie laden drinks

Large Gloria Jeans Iced Chocolate = 780 cal  
Large McDonalds thick shake = 535 cal  
650ml Boost Juice Tropical storm fruit smoothie = 408  
2 x 200ml white wine = 288 cal

The liquids you drink may be the thing getting between you and that fit, toned body that you've always wanted.

Source: Matt O'Neill

## Tucker Time

### Chilli Lime Lamb Cutlets & Coriander Noodles

#### Ingredients:

12 Lamb cutlets  
2 Tbsp soy sauce  
200g vermicelli noodles  
½ cup sweet chilli sauce  
½ cup lime juice (about 3 limes)  
Extra 2 Tbsp soy sauce  
2 tsp brown sugar  
2 Lebanese cucumbers, peeled, halved, seeded and sliced  
1/3 cup tightly-packed coriander leaves



#### Method:

Combine lamb and soy sauce. Soak noodles in boiling water for 5 minutes. Drain well and snip noodles into smaller lengths. Cook the lamb in a moderately hot non-stick pan or barbecue until cooked to your liking. Combine chilli sauce and juice. Place half into 4 dipping bowls. Combine the remaining mixture with extra soy and sugar. Toss with noodles, cucumber and coriander.

Serve cutlets on top of noodle salad with the dipping mixture on the side.

Serves 4. protein 33g , carbs 42g, fibre3g , fat 13g (6g sat)

Source. Slimming & Health Magazine

**30 Days  
For \$30**

Ring **NOW**  
for your  
30 day pass.

**Ph: 4368 1215**

**Offer expires 31st July 10**

\* Conditions Apply  
Must be 18 years or over

## Words Of Wisdom

***Health is not a condition of matter  
but of mind.***

**Mary Baker Eddy**