

# Kincumber Gym Newsletter

March 2011

## OPEN DAY 2011 Thank You

Thank you to all our members and kids who attended the Open day. Hope you had fun! A big thanks to the following businesses who also attended or supported the Open Day

- ASN Erina
- Body Science
- Central Coast Bears
- Copacabana Community Association
- Coke
- Compassion Coffee - Sarah Harries
- Dwayne Ellorae Serenity House massage
- Eric from Champion Chiropractic
- Gabi & Ricardo Hair Salon
- Lorna Jane Erina
- Macmasters Beach Surf Life Saving Club
- Musashi
- Network Video Kincumber
- Ozlifestyle photography
- Pawprint Images
- Unique Imports
- Rebel Sport Erina
- Subway Kincumber
- "Sweet As" Chocolates and Truffles

Congratulations to Gavin L, who WON the free month's membership, and to all the following members who participated in the challenges on the day:

Malinta, Sarah, Kylie, Tracey, Jesse, Jordan, Bob, Justin, Rana, Jason, John, Les, Paul, Kieran Steve and Stewart.

Photos from the Open Day are now on Facebook.

## Seniors Week 20th—27th March

Undertaking regular physical activity has many important health benefits that can increase your quality of life.

- It improves strength, balance and can reduce the risk of falls.
- It increases cardiovascular fitness and endurance
- It contributes to independent living.

### SENIORS CLASSES

Mon 11:00am - Weights  
Wed 11:30am - Gentle  
Fri 3:00pm - Cardio



During seniors week \$1 will be donated to the Central Coast Community Chest for all participants in Seniors classes.



We are really excited to have 3 additional treadmills arrive this week. Hope you enjoy them!.



Find us on  
**Facebook**

## WIN a \$25 REBEL Sport voucher

"Like" Kincumber Gym on Facebook by the end of March and you could **WIN a \$25 Rebel voucher**

## Group Class Changes

Due to instructor availability **Saturday 19th March** 10:30am Pilates class will be replaced with Yoga.

**Saturday 2nd April** 9:30am Boxing class will be replaced with **STEP** to give you more variety. Boxing will be back the following week.



*Come and try STEP on Saturday 2nd April*

Remember to arrive on time for classes. You run the risk of injury if not properly warmed up, and it's disruptive to the other class participants. *Thank you*



**A little bit of inspiration**

"Believe you will be successful and you will." Dale Carnegie

## Fundraiser for Shenee

One of our members Michelle, is having a fundraiser at Kincumber Hotel on **Saturday 2nd April at 4pm** to raise funds for her daughter Shenee who has Achondroplasia (dwarfism).

Michelle needs an electronic wheel chair lift to be installed in her car and ramps for their home so that she can transport Shenee's wheel chair.

There will be gift vouchers from the gym, and other local business to be raffled, in addition to a signed Mariners jersey and ball.

**Everyone is welcome.**

# Top tips for a Trim Tummy

### Get your Diet Right.

Eat 5-6 small meals, 3 hours apart to keep your metabolism ticking along - but watch your sugar intake. The average female should have no more than 25-45g of sugar each day, and males 30-60g.

### Minimise Bloating

Chew your food slowly, avoid fizzy drinks and cigarettes.

### Stand up Straight and Hold it in

Using your postural muscles correctly naturally draws the bellybutton into the spine creating a firm core and flat stomach.

### Run

Good old-fashioned running is the fastest way to flatten your stomach. Not only does it strip the fat from your stomach but it strengthens the abs underneath.

### Cut the Booze - need we say more

### Engage your Core

Traditional sit-ups are not always the best way to flatten your tummy, instead do core strength exercises such as the plank, or lower leg raises.

### Do Resistance Training

Resistance training helps increase lean muscle which increases metabolism, which means your body will be more efficient at burning fat.

### Eat a High Fibre Diet

Eat a low-sugar breakfast packed with fibre to feel fuller longer.

### Check for Food Intolerances

Your rounded tummy could be caused by a food intolerance. Typical offenders are wheat and gluten-based products.

## FREE Spinal Check!

Eric from Champion Chiropractic will be providing **FREE** spinal checks in the gym on **Monday 4th April** from 6pm. Please see reception to book in.