



TELL US WHAT YOU THINK!

Love your group fitness instructor?

Think the music is too loud or not loud enough?

Just have an idea you would like to share?



Feedback forms are available at the reception desk... we'd love to hear from you!

Promotion



To celebrate our 1st Birthday we are introducing the 'Pink Diamond' membership! Get 12 months membership for only \$690 and our gift to you is 3 x ½ hour personal training sessions FREE! A saving of up to \$550

LIMITED RELEASE - 50 MEMBERSHIPS ONLY!

Get in quick - deals this good don't last long!!

Dear Ladies,

Wow! It is so hard to believe it has been 12 months since I took over management of Hampton Ladies Health Club! It has been a year of learning, some challenges, but most of all - a year of change for the Club.

We gave the Club a 'face lift', provided new equipment and introduced more group fitness classes, massage and Reiki as part of our services.

My goal for the next 12 months is to continue to make improvements and your feedback is important in making these happen. However my biggest goal is to provide exceptional service to our members and reward you for your loyalty and commitment to HLHC.

Starting this month we will be recognising the top 10 members with the most frequent attendance. The winner will have a reward waiting for them when they next come in!

I would like to thank each one of our lovely members and the staff at HLHC, for making my transition to new ownership enjoyable and rewarding.

This is *your* gym and if there is anything you'd like to share, we would love to hear from you. A feedback form is now available at reception.

Keep smiling,

Sanjay

"LOOK great, FEEL even better.."

Ten tips for total winter wellness...

It happens every year...Cold weather and shortened days lure us towards hibernation and carb-heavy comfort foods. Here are some tips to encourage you to keep moving over the colder months.

1. Go for a walk even when the weather is really cold - your body has to work overtime to get warm and you may **burn up to 50% more calories** than you would on the same walk in summer! But remember, go a little slower until you get warm and keep up the hydration.
2. If you find it hard to get motivated to exercise in winter...just **think of Spring** and how much harder it is to get back into shape rather than maintain your fitness throughout winter.
3. **Be aware** of tendonitis and stress fractures if you don't exercise in winter and expect to pick up where you left off after a whole winter with no exercise.
4. Instead of picking up a cup of hot chocolate to keep yourself warm, try a herbal beverage. **Green tea** can help protect the body from free radicals.
5. Try **new things**. Make winter the time you take up something you've

Queen's Birthday Opening Hours

All members please take note that on the Queen's Birthday holiday we will be open as follows:

**Monday 13th June
8 am to 3 pm**

HLHC Challenge of the month...

#4

Try something new!

We all have our favourite machines - the ones we use every time we come to the club. Winter is a great time to experiment with something totally different. Challenge yourself to try 3 different machines and workout on each for at least 10 minutes. When was the last time you tried the rowing machine or the stationary bike? Moving your body in a different way can rejuvenate your workouts.

Top 10 Members for May

1. Tonia Damiano (32)
2. Terenia Crowley (27)
3. Debra Cain (23)
4. Christina Power (23)
5. Anne Sarros (22)
6. Jennifer Rae (21)
7. Cheryl (Willy) Mason (21)
8. Linda Rutherford (19)
9. Lillian Murray (19)
10. Leonie Maslen (18)

Congratulations to **Tonia!** A reward awaits you at reception. Well done to all top 10 members!!

always wanted to try. Consider indoor rock climbing or dance lessons. Or try a new fitness class such as NIA - a low impact cardio workout.

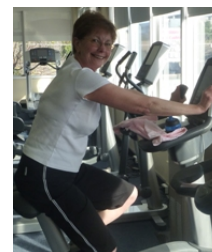
6. The cold air and indoor heaters can dry out your skin. Make sure you drink at least 8 glasses of water each day and use **moisturiser** throughout winter.
7. Buy some **indoor plants** to soften up a dry atmosphere caused by heating. Indoor plants give off moisture and oxygen and the colours will brighten up a dull day outside.
8. Caught a cold or flu? If the infection is above the neck (nose, throat) you should be okay to complete a low intensity workout. However, if you have symptoms that are worse than an average cold (chest congestion, muscle aches), exercise will only make you worse and delay recovery. **Rest** is the best medicine.
9. Wear the right clothes when exercising in winter. The right workout gear will mean the difference between a cold or comfortable workout. **Dress in layers** so you can shed or add insulation and opt for fabric designed to trap air and move sweat away from the body.
10. Feel like sitting on the couch with a DVD and snacking on a cold, wet day? Reach for a protein bar or a **small bowl of pop-corn** instead of high energy, high fat snacks.

Congratulations: to the winners of our 2 Day Sale Promotion!!

Congratulations to **Jenny Rea** (*right*) for winning the 42" LCD TV!!

2nd prize of 3 x ½ hour PT Sessions went to **Mia Slater**

3rd prize of a HLHC gym bag went to **Anne Tzouvelis**



Did you know....!??

that Cornflakes & Chips have the same salt value?!

A bowl of cornflakes contains the same amount of salt as a small packet of potato chips! The recommended intake for adults is 920 to 2300mg daily, and on average, Australians consume twice this amount! Choose low-salt foods, those with less than 120mg per 100g.

Easy Pasta Dinner for Two

Ingredients

- 1 cup cooked wholemeal pasta
- 2 x 100g tins of red salmon or tuna in olive oil drained
- 2 chopped tomatoes
- 1 small onion
- 1 small zucchini cut into strips
- 1 clove garlic
- 2 teaspoons olive oil
- ¼ cup Parmesan cheese
- Sprinkle of Chilli flakes (optional)



Method

1. In pan heat olive oil and cook onion & garlic. Add zucchini and tomato and cook for a few seconds. Add salmon or tuna and heat through for a minute.
2. Mix through pasta and serve with salad.

Product of the month

Flora Fibre - promoting balance in the intestinal tract...

Key Benefits

- Combines fibre with Lactobacillus acidophilus ('friendly' bacteria) for improved intestinal health
- Helps maintain healthy digestive function
- Assists in extracting nutrients from the food you eat



All day, every day, our bodies are a warm and productive 'home' to millions of bacteria (good and bad), and yeast-like fungi. Keeping the balance between the 'friendly' and the 'unfriendly' organisms is what determines a healthy digestive system. A healthy digestive system is critical for overall health and well-being and fibre is a key element that keeps the digestive system in balance. A proper balance of intestinal bacteria is important for intestinal health. Order yours at reception today!

Bowel Cancer Awareness Week - June 5th to 11th