



REC CLUB

Health & Fitness News

Monthly – June 2010

DON'T MISS OUT – 19TH JUNE 2010 START DATE FOR 6 WEEK CHALLENGE!!!

It's now less than 2 weeks till we start the 6 week challenge. Don't miss the opportunity to be part of our once a year only 6 week winter challenge.

We have tailored this challenge to suit the colder weather with sessions designed to warm you up and provide you with some fun innovative training to motivate you.

Unlike our 12 week Challenge we understand that the commitment to training

in winter is harder. This is why we are offering you 6 weeks of intense training to get results faster and keep you fit and training over winter.

Get ready to experience some new and exciting training with new locations for some of our super Saturday sessions!

If you have been part of one of our challenges before or have never participated...the 6 Week Challenge will inspire and motivate you this winter.



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Music Licensing Court Decision – What does it mean for you?

In a recent court action PPCA/APRA (Music copyright Authority) won a national court case to have Music Licence Fees increased in gyms conducting group fitness classes. We have been paying 97cents per class

this has now been increased to \$15 per class. This would take our yearly contribution from around \$1500 to \$26,000. As a result from the 1st July we will be sourcing non-copyright affected music for all group fitness classes. We

appreciate your support in this decision and look forward to providing you with high quality music that is non-copyright to continue to motivate and inspire you when training!

Special points of interest:

• **Tweed Sun**
Check out our article in Tweed Sun 10th June promoting our 6 Week Challenge.

• **ZUMBA**
Dance Fitness
Fri 6.30pm
\$6 Members
/\$12 Non-Members

FITNESS TIP OF THE MONTH:-

HOW MANY CALORIES DO I NEED A DAY?

Use this formula to estimate your calorie requirement:-

Change your weight into pounds - kg x 2.2. Multiply your weight in pounds by the amount given below for one of three lifestyles.

Sedentary Lifestyle- You don't move around much.
Men x 14-15; Women x 12-13

Moderately Active – You exercise for one hour 2-3 times per week. Men x 16-17; Women x 14-15.

Very Active – You do high energy exercise every day. Men x by 18; Women x 16

Now compare this to what you are really eating. To lose weight you will need to burn more calories than you are eating, either by exercising more or eating less.

“Even if you fall flat on your face at least you are moving forward”

Sue Luke

Winter Special for Members Friends & Family!

Winter is here...Don't hibernate - invigorate!

Inactivity during the winter months is common.

The cooler weather and shorter daylight hours can make the TV and arm-chair an attractive option.

Don't use the weather as an excuse to give up your active lifestyle.

There are many exercise options available at Casuarina Rec Club, so why not take this voucher and invite a friend to join you in staying fit this winter!

HELP YOUR FRIENDS OR FAMILY STAY MOTIVATED OVER WINTER...GIVE THEM THE VOUCHER OPPOSITE AND GET THEM TO JOIN YOU AT THE REC CLUB!



Winter Warmer Special

Present this voucher for \$100 off a new 12 Month Membership.

(Conditions and restrictions apply – based on upfront payment only)

Acupuncture TCM Now available at Rec Club Clinic!

Denise Graveston has joined the Rec Club Clinic and is a qualified Acupuncturist registered with the Australian Acupuncture & Chinese Medicine Association (AACMA).

Acupuncture is part of an integrated health care system known as Traditional Chinese Medicine (TCM). It is an effective, natural and increasingly popular form of health care that focuses on the prevention as well as the treatment of illness.

Acupuncture is widely known to relieve pain but it is also effective for many health conditions. It can be useful for physical and emotional problems, or simply to maintain wellness.

Effective treatment for:

- Injuries, Sprains, Muscular-skeletal conditions
- Arthritis, Tendonitis, Bursitis
- Respiratory disorders
- Digestive problems
- Gynaecological disorders, menopause, infertility

- Insomnia, headaches, stress & anxiety
- Illness recovery, chronic fatigue, impaired immunity

Rebates apply with most Health Funds. Book at reception



Recipe of the Month

Peasant-Style Chicken with Broth, Asian Greens and Peanuts

1.5kg chicken
1 tablespoon chicken stock powder
1 tablespoon salt-reduced soy sauce
1 onion, roughly chopped
1 carrot, roughly chopped
2 teaspoons peanut oil
1 bunch bok choy, chopped
½ small Chinese cabbage, shredded
1 tablespoon oyster sauce

Steamed rice
Sambal oelek
½ roasted peanuts, chopped
½ cup fresh coriander leaves
Place chicken in large saucepan with stock powder, soy sauce, onion and carrot; cover with cold water, bring to boil. Simmer gently, covered for 25 minutes. Remove pan from heat, stand, covered, 40 minutes (do not remove lid

during this stage). Remove chicken from stock, cut chicken into 8 pieces (remove skin). Strain broth and discard onion and carrot. Heat oil in non-stick frying pan; stir-fry bok choy and cabbage until just tender, toss through oyster sauce. Serve chicken accompanied by bowls of hot stock, steamed rice, stir-fried bok choy and cabbage, sambal oelek, peanuts and fresh coriander.
Serves 4