

recipe of the month

Indian Stir Fried Vegetables

(Serves 4)



Ingredients

- 1 tablespoon olive oil
- 2 cups cauliflower florets, blanched
- 1 cup halved green beans
- 1 large red capsicum, finely sliced
- 1 small zucchini, finely sliced
- 1 teaspoon crushed garlic
- 2 tablespoons mustard seeds
- 2 teaspoons turmeric

Method

- Boil a large pot of water and place cauliflower in water, blanch for 30 seconds and then take out
- Heat wok over high heat, add oil stir fry cauliflower for 1 minute or until golden
- Add beans, capsicum, zucchini and crushed garlic and stir fry for 2 minutes
- Sprinkle turmeric and mustard seeds over the top and stir to combine
- Serve immediately with cooked white or brown rice or cous cous if you desire.

Source: www.weightloss.com.au

Quote of the month

“Success is the sum of small efforts, repeated day in and day out”
- Robert Collier

Looking for things to do in the School Holidays?

Mayfield kids class schedule

Jittabugs (for 2 - 5 years)

Tuesday 11am

Thursday 11.30am

Zumbatomic® (for 6 - 12 years)

Thursday 4pm

For more information phone 4903 6200

Body Attack Launch

New Release 69 is here!! Join the Balance Team for this simple high intensity workout. New moves with fresh music!

Wednesday 7 July

Balance Mayfield - 6.30pm

Staff member of the month

Congratulations Louise Werckmann

- Happy member of the Balance Nelson Bay team and is bringing in new members and clients
- Progressing personal trainer, is regularly booked out for personal training sessions
- Keen and eager employee

Manager's note

On behalf of all Balance members, I would like to thank Adam Clarke, our departing New Lambton Coordinator, for his contribution over the last two and half years and wish him well in his new business venture. Adam's departure has opened up a great opportunity for our new Coordinator Lisa Johannessen, who after 18 years with Balance, takes on the management role at New Lambton from June 30. Balance is extremely fortunate to have a person of Lisa's quality, experience and commitment to continue to build New Lambton. Lisa's passion, loyalty and fitness knowledge will provide Balance New Lambton with great leadership and a clear vision and direction within the member centered Wests' philosophy. **Congratulations Lisa.**

At Balance New Lambton the 'Go Red for Women' Promotion was an outstanding success, Zumba Gold and Heartmoves have continued to grow and the Winter Warm-up under Adam Cardillo has attracted large numbers.

Balance Nelson Bay cycle classes are 'going off' and the Les Mills launches have been extremely popular. Congratulations to Karen Short, Lisa Suisted and Karen Cromby who are doing a great job in the Group Fitness area. As a result of this success, we will be introducing a Suunto class in July at the Bay and will be creating a new position to assist the group fitness area.

At Balance Mayfield, as part of our continuous improvement program, we will be installing 2 Kranking Machines and an Ab Coaster in the free weights area to provide specific exercise challenges and great variety for all members. So meet the challenge and try the new equipment, we guarantee these exercises will test your fitness levels.

Phil Matthews
Health Club Manager



TOUR DE BALANCE

Sponsored by Avanti Plus Newcastle

Yes, its back again - the endurance ride of the year!!

In celebration of the 'Tour De France' get into the spirit and join Sergio for this cycle masterclass!

Sunday 25th July
Balance Mayfield
9am - 12pm

3 hours; are you up for the challenge?
Cost \$5 per person with great prizes to be won! Bookings essential at Balance Reception

UPCOMING EVENTS!

Body Attack Launch	7 July
Winery Running Festival	18 July
Tour De Balance	25 July
Come and Try Heartmoves	30 July
City2Surf	8 August
Balance City is coming..	October

Members of the Month

Congratulations to this month's winners

Lyle Teague (Mayfield)

Lyle attends Heartmoves classes at Balance Mayfield and attends 3 sessions a week rain, hail or shine. Lyle walks with 2 walking sticks but still participates and does the best to his ability. Lyle is a true inspiration at the young age of 82, is always friendly to staff and enjoys having a chat.

Andrew Carey (New Lambton)

Andrew has been working with a personal trainer for the past 9 months and has achieved amazing results. Not only has Andrew lost 32kg but he has almost doubled his strength and is now planning on running the City to Surf. Well done Andrew!

John Booth (Nelson Bay)

Admired member of Balance Nelson Bay. John participates in numerous classes each week and is an advocate for a healthy lifestyle. Thank you John for constantly inspiring fellow members at Balance.

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www.autoadvantage.com.au



BALANCE MONTHLY CHALLENGE

This month's challenge is a
10km bike ride *

Who can do it the fastest?

Grab an achievement form to record your effort.
Check the whiteboard for the record to beat.

*Rules apply, see in-house signage

...fitness news

Have you joined Balance Health Club on a 12 months membership? If so you are entitled to an assessment with one of our qualified Personal Trainers. During your assessment, he/she takes measurements and does fitness testing according to the goals you wish to achieve.

Our trainers will also design you a personalised program to help you reach your goals and fit in with your schedule. You are also entitled to a 6 week review with your trainer so you can revise your program, monitor the results you wish to achieve and make any relevant changes to your program.

Not a member as yet, then 30 minute programs are \$30 and an advanced program - 60 minutes is \$60. Creating goals to achieve with your training is very important. It gives you something to work towards and the feeling of accomplishment when you have achieved them.

Remember goals need to be realistic and achievable - it is a great idea to set short term goals to help you eventually reach your long term goal. Goals can relate to weight loss, attendance (I want to attend the gym 4 times a week for the next 6 weeks), fitness based (I want to be able to walk 20 minutes on a treadmill incline 7). Each visit increase your incline until you are able to reach your goal. Once you've achieved your goal; set new ones. It's more fun and motivating training for a goal rather than without purpose.

Donna Young
Group Fitness Manager



Aquatics news

Have you ever thought about getting into competition swimming? The Novocastrian Masters Swim Club trains at Balance Mayfield every Tuesday night at 7.00pm. Masters swimming is open to anyone over the age of 20 who would like to compete in race days or fun events. Fitness programs, stroke correction and encouragement are all provided by the coach to the serious competitor or the social swimmer. Come along on a Tuesday night and meet some of the Novocastrian representatives on pool deck who are more than happy to have a chat or share information.

Gaylene Lawrence
Aquatics Manager



Balance Newcastle is coming!

Employment opportunities for a variety of Administration and Fitness roles will be required. Forward expressions of interest to
recruitment@westsnewcastle.com.au

ALL NEW EQUIPMENT! COME IN & TRY TODAY

Balance Mayfield
Max Rack | Ab Coaster
Arm Krank Bikes

Providing you with more variety and new exercises to add to your workout.

COME AND TRY HEARTMOVES

Watch or participate in a FREE Heartmoves class

Friday 30th July at 11am

Meet Donna in the foyer 10.50am
For more information contact Donna on 4903 6200



New Leadership Teams Announced

We are delighted to inform all members of the new leadership team teams at Balance New Lambton and Mayfield.

Lisa Johannessen (after over 18 years as a Group Fitness Instructor at Wests) will replace Adam Clarke and be supported by Adam Cardillo as Assistant Coordinator. Both employees are well known and respected by the New Lambton members and have exciting plans for the remainder of 2010 and beyond.

At Balance Mayfield, Chris Olsen has been appointed to the position of Assistant Coordinator to support Donna Young with revitalisation of the Mayfield site. Donna and Chris have some innovative plans for Mayfield to ensure Balance continues to lead the region in caring for the members.

Congratulations to Lisa, Adam and Chris.

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