



YMCA NEWS

Health & Fitness for the whole family

www.ymcafitness.com/ywest

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2012

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HEIGHTS
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FREE Family Fun Day at Y-West



SUNDAY FEB 19TH 9AM TO 1.30PM



Come & Try

Workout in the gym (9am-1.30pm)

Kids activities (9am-1pm)

Body Balance Class (9am-10am)

RPM Cycle Class (9am-10am)

Gymnastics (10am-1pm)

Judo for kids 4-14years (10.30am-11.30am)

Jumping Castle & Face Painting (10am-1pm)

Sausage Sizzle (11am-1pm)

Squash (9am-1.30pm)



Bring your family & friends along to this great day out!

NEWS

Y-West now offers GYMNASTICS THEMED BIRTHDAY PARTIES for children .. See inside for details →



Happy Valentine's Day

Ever wanted to bring your partner along to the gym for a weights or cardio workout? ... well on Valentine's Day you can!!

As long as you are a current Y-West member you can bring your valentine along to the gym on **TUESDAY 14TH FEBRUARY** for a complimentary workout.

STAYING MOTIVATED

Maintaining consistent exercise habits is a big challenge, however adhering to a training program results in tremendous rewards. Once you begin to notice how much better you look and feel, you will wonder how you ever got along without a regular exercise program. You will look forward to your next workout.

The physical and mental benefits are not immediately apparent. Sometimes it is hard to stay motivated until you begin to see results. The following tips are a few of the more popular and effective strategies used by successful athletes, coaches, and sports psychologists to maintain a high degree of motivation.

1. Being Responsible.

When it comes to the bottom line, **YOU** make the decision whether to exercise or watch TV, whether to refuse that extra pastry or to indulge. While the pressures of daily life often seem to force you into putting off exercise, remind yourself that it's your health, fitness and body-shape that's at stake.

2. Being Disciplined.

Discipline is the day-to-day ability to make the health conscious decision every time you have a choice. A routine time and place for exercise is a simple first step. You may even consider writing down your exercise session in a diary, as if it were a business appointment. This will ensure that other activities will not interfere.

3. Gaining Fitness Knowledge.

The electronic and print media are constantly full of new diets, exercise plans, product descriptions & testimonials about state of the art health programs. Reading books or periodicals by expert authors, attending health seminars and trade shows, and asking your fitness professional for more qualified advice will help.

4. Rehearsing Mentally.

Visualise the actions of exercising, and create a mental picture of yourself in peak physical condition, enjoying the feeling of being firm, toned healthy and fit. Visualising how you will feel, makes the exercise activity more enjoyable and relieve any apprehension.

5. Being Realistic.

The degree of body-tone, fat loss and fitness you can achieve is always determined by your genetic potential, fitness program, and environment. You should not compare yourself just to top models and athletes whose physiques are not at all common. You should judge real development by improvement from where you originally started. Re-assessments are invaluable in identifying positive changes that are occurring physically.

6. Keeping Records.

A program card helps you measure progress objectively. Comments about how you feel during and after workouts can keep you aware of subtle changes as you improve, and this is a good way for you to catch yourself in a slump.



7. Enlist the support of family and friends.

Tell those close to you about your fitness goals and ask them to support your efforts. Working out with a friend can produce amiable challenges and be twice the fun of exercising alone. Research shows that working out with a friend or spouse is the most effective way to stay committed.

Just remember that results do not happen overnight, it takes time, hard work & most of all dedication.

February Recipe



Quick mu shu pork Taste.com.au

Ingredients

2 tbs peanut or canola oil
600g pork stir-fry strips
1/4 cup (60ml) reduced-salt soy sauce
2 tbs Chinese rice wine* (shaohsing)
2 tbs oyster sauce
1 large carrot, cut into thin matchsticks
1 red capsicum, thinly sliced
100g fresh shiitake mushrooms, sliced
6 spring onions, thinly sliced, plus extra to serve
1/4 Chinese cabbage (wombok), finely shredded (3 cups)
2 tsp sesame oil

Method

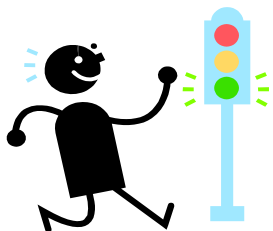
Heat 2 teaspoons of peanut oil in a wok over high heat. Stir-fry half the pork for 1 minute or until browned. Transfer to a bowl. Repeat with another 2 teaspoons of peanut oil and the remaining pork. Add soy, wine and sauce to pork in the bowl.

Heat remaining tablespoon of peanut oil over high heat. Stir-fry carrot, capsicum and shiitakes for 1 1/2 minutes. Add spring onion, cabbage and pork mixture and stirfry for 2 minutes or until liquid is almost evaporated and cabbage has just wilted. Remove from heat, stir in sesame oil and serve topped with extra spring onion.

Traffic Light System

Jamboree Heights YMCA's group fitness classes now operate under a traffic light system to highlight class attendances and give members the chance to change classes or keep the classes you enjoy.

Classes with strong attendance will remain in their current time slots whilst those classes with average or poor attendance will be highlighted to enable members the opportunity to increase participation before the class may be removed or relocated to a different day or time.



Some classes may be scheduled for removal or change depending on their performance.

GREEN: Average weekly attendance of 14+ people

If classes are consistently achieving 14 + people it will be deemed a high performing class. This class is guaranteed to stay in the same time-slot.

ORANGE: Average weekly attendance of 9 -14 people

If attendance has not improved after four weeks, this class will be downgraded to Red status and may be removed from the timetable or replaced with an alternate class. For this class to stay members need to increase the attendance, try inviting friends or family for a free class to increase total occupancy!



RED: Average weekly attendance of 4 –9 people

This class is subject to change within four weeks and may be removed or replaced with an alternate class. Take this opportunity to make suggestions for a new class for this time slot. Please complete a feedback form and place in the suggestion box.

Lunchbox Battle



Do the lunchboxes in your family come home with the fruit untouched? Try these tips to help your kids overcome the lunchtime blues.

Get your little ones involved in decisions about what to pack, whereas older kids can make their own. Wrap peeled oranges or apple slices in plastic wrap for easy access. Some kids hate sticky fingers, so make mini fruit salads in small plastic containers with soft fruits like watermelon, kiwifruit, and grapes.

Remember to pack smart. Kids are not big on squashy fruit!!

Birthday Parties at the Y



Kids are jumping, twirling and flipping for parties at the Y! ... Treat your child to the best Birthday party without having to worry about keeping the kids entertained. Our qualified and fully trained staff will entertain your child's guests with endless games and fun in the fully matted areas of our gymnastics stadium.

What Can You Expect at a YMCA Birthday Party? ... The YMCA provides 2 hours of gymnastics-themed party fun, a private party room and exclusive use of our giant jumping castle! Our staff will keep the kids busy with games, gymnastics activities and of course our huge jumping castle in the gymnastics stadium. You then move to the party room for opening of presents, birthday cake & refreshments.

What's Included? ... Fun on a HUGE Jumping Castle, You receive over one hour of supervised games and gymnastics themed activities followed by use of our separate party room for refreshments, The birthday child receives a free Y-West Gymnastics T-shirt, All party guests receive a free trial class coupon as a gift from the birthday child.

How Do I Make A Booking? ... It's simple! Complete our Birthday Party Booking Request Form available from reception.



FOR INFORMATION PLEASE ENQUIRE AT RECEPTION OR CALL 3376 4266

What's on this month

Y-West Passes Special

25 **PASSES**
for \$215

That's only \$8.60 per visit!

3 DAY SALE Mon 20th - Wed 22nd Feb

BOOTCAMP



**Challenge Yourself
with our 4 week
BOOTCAMP**

Includes 3 x 1 hour
sessions per week

**Circuits, Boxing,
Cardiovascular Training
& Physical Challenges.**

**BOOK NOW AT
RECEPTION.**

Playschool



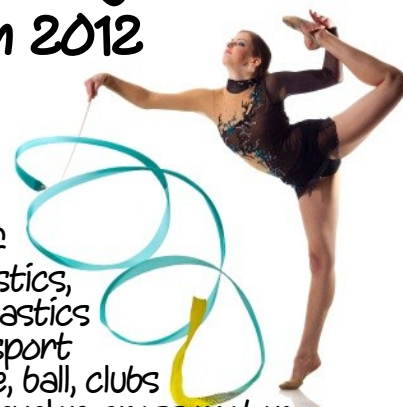
A chance for you and
your child to play and
learn together

**Wed and Thurs
9.30am—11.30am**

Book in today

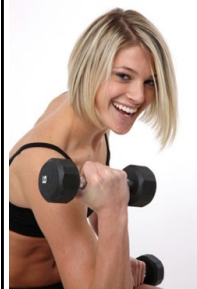
Rhythmic Gymnastics Starting in 2012

Combining the elegance of ballet, passion of dance, and the strength of general gymnastics, Rhythmic Gymnastics is the perfect sport using hoop, rope, ball, clubs and ribbon to develop gross motor, balance and co-ordination skills ... and it's FUN!



Saturday Classes Available
To enrol call Y-West on 3376 4266
Or book in at Reception

Premium Group



The Premium Group is a great option for those who enjoy group training sessions. The membership includes full gym access plus 2 group training sessions per week with one of our personal trainers. We provide PM sessions on Monday and Wednesdays. Structured training sessions will help you maintain your focus towards achieving your fitness goals.

MIX IT UP

That's right, now is the season to mix up your training, and for the month of February your challenge is to complete two sessions in the opposite arena of exercise. So if you usually perform classes, then you need to do two sessions upstairs - and the reverse also holds as well. The benefit of cross training has long been documented and has been shown to give a multitude of benefits which include, plateau prevention, increases cardio vascular load, enhanced lipid (fat) metabolism, and increased lean muscle mass augmentation. So the question is not whether you should do it? The question is why you haven't tried it already? So get on the cross training band wagon and do things that you usually wouldn't do, your body will be the better for it, and you will be challenging you own limits of your comfort zone.