

BEAUMARIS AQUA AEROBICS CLUB

NEWSLETTER

JULY 2009

Hello to you all,

I sure hope that you have all been safe in the stormy weather that we've had over the last few days. It's perfect weather for bringing out those winter recipes; soups and hot puddings. And although it's nice to cook and eat, we still need to be mindful that we don't stay on the couch and lose the fitness we have built up over the summer months. It's always a good idea to have a plan in mind for when we feel a little complacent about doing some exercise. How motivated are you to keep up your fitness levels in winter? Here's a few tips to help keep you interested in your fitness regime.

Exercise with a friend: Experience has shown that many people quickly lose interest when exercising by themselves. Participation with a friend or in groups actually encourages adherence.

Make exercise a part of your routine: Write it into your diary or on your calendar and stick to it like any other appointment. Develop a regular routine.

Remind yourself why it is important that you keep up your exercise: Are you using exercise as part of a weight loss program? Moderate to heavy exercise acts as an appetite suppressant. Exercise also helps to increase metabolism. Are you using exercise to keep your joints mobile? Exercising in water gives you an increased range of movement through the joints. Many participants find that exercise dispels tension. It gives some people a feeling of relaxation and helps sleep. Do you need to exercise because of a serious health threat (Diabetes, high blood pressure, high cholesterol, etc.)? Regular physical activity at a prescribed level can reduce some health risks.

Remember, if you are unsure if you should be exercising, consult your doctor.

ARE YOU A "GUNNA" OR A "DOER"?

A workout is a wise use of time excellence.
It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a personal triumph over laziness & procrastination.

It is a badge of a winner - the mark of an organised, goal oriented person who has taken charge of his or her destiny.

A workout makes you better today than you were yesterday.

It strengthens the body, relaxes the mind and touches the spirit.

When you workout regularly, your problems diminish and your confidence grows.

A workout is a key that unlocks the door to opportunity and success.

Hidden within each of us is an extraordinary force.

Physical and mental fitness are triggers that can release it.

Author Unknown.

SATURDAY AQUA. Thanks to those who responded to my notice regarding Saturday afternoon Aqua. Unfortunately, there aren't enough numbers to sustain this class during the winter months. Classes have been suspended from now until Spring. Also keep in mind a brand new class starting in summer – HYDRO BALANCE. I have had some great feedback to get this up and running. Hydro balance is a combination of Tai Chi, Yoga & Pilates, done in the comfort of warm water. Included in these classes are stretching & mobility, relaxation & floating. The focus on this class is core stability, strength & balance, as well as releasing stress & tension. This class requires warm air temperatures, which makes it suitable for the summer months.

BE WINTER WISE: STOP THE SPREAD OF FLU GERMS!

Cover your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the rubbish bin or in a plastic bag.

Gel & go. Squirt the alcohol gel on your hands and rub till dry OR **Wash & dry** your hands often, especially after coughing or sneezing – use soap.

Stay away from others if you're sick.

SOURCE: Government of Western Australia
Department of Health

BIRTHDAY CALLS FOR JULY/AUGUST

Happy Birthday to;

Sylvia W - 7th July, Michelle S - 12th July, Aishling W, Helen B, Nerissa W - 15th July, Bronwyn W - 17th July, Anne M - 27th July, Tersha C - 28th July.

Gwen J - 10th August, Vikki G - 11th August, Isabelle A - 12th August, Lorraine V - 23rd August, Linda M, Helena W - 25th August, Anita J, Linda M - 29th August, Valerie W - 30th August.

Renee's Desk (from the Vineyard)

Upper Reach MERLOT 2008

This is the first single varietal Merlot that Upper Reach has made. The 2008 Merlot looked so fantastic, they selected the best barrels for the stand out 2008 Merlot. Perfect drinking in this cold blustery weather. This wine shows, earthy, dark plum flavours, with a hint of mint and savoury oak on the nose.

Renee's putting merlot in her Lamb Shanks and they are good, and there's always a glass left for the chef!

Renee's lamb shanks

1 red capsicum 1 onion 2 carrots

Tbs soy sauce 1 ½ cups Upper Reach Merlot 1 cup stock (chicken or veg)

2 lamb shanks cut in ½ to make 4 pieces

Seal lamb shanks in olive oil – remove. Dice onion, carrot and capsicum and sweat in pan in. Add lamb shanks back to pan and add Merlot and stock. Cover and bring to boil. Place into oven proof dish and slow cook in low oven for 3-4 hours covered. Reduce sauce before serving. Serve with rice and string beans . And of course the Merlot!

For more info or to order your Upper Reach Merlot visit www.upperreach.com.au or call 9296 0078