

Fitnow!

NEWSLETTER

INSIDE THIS ISSUE

PG. 2

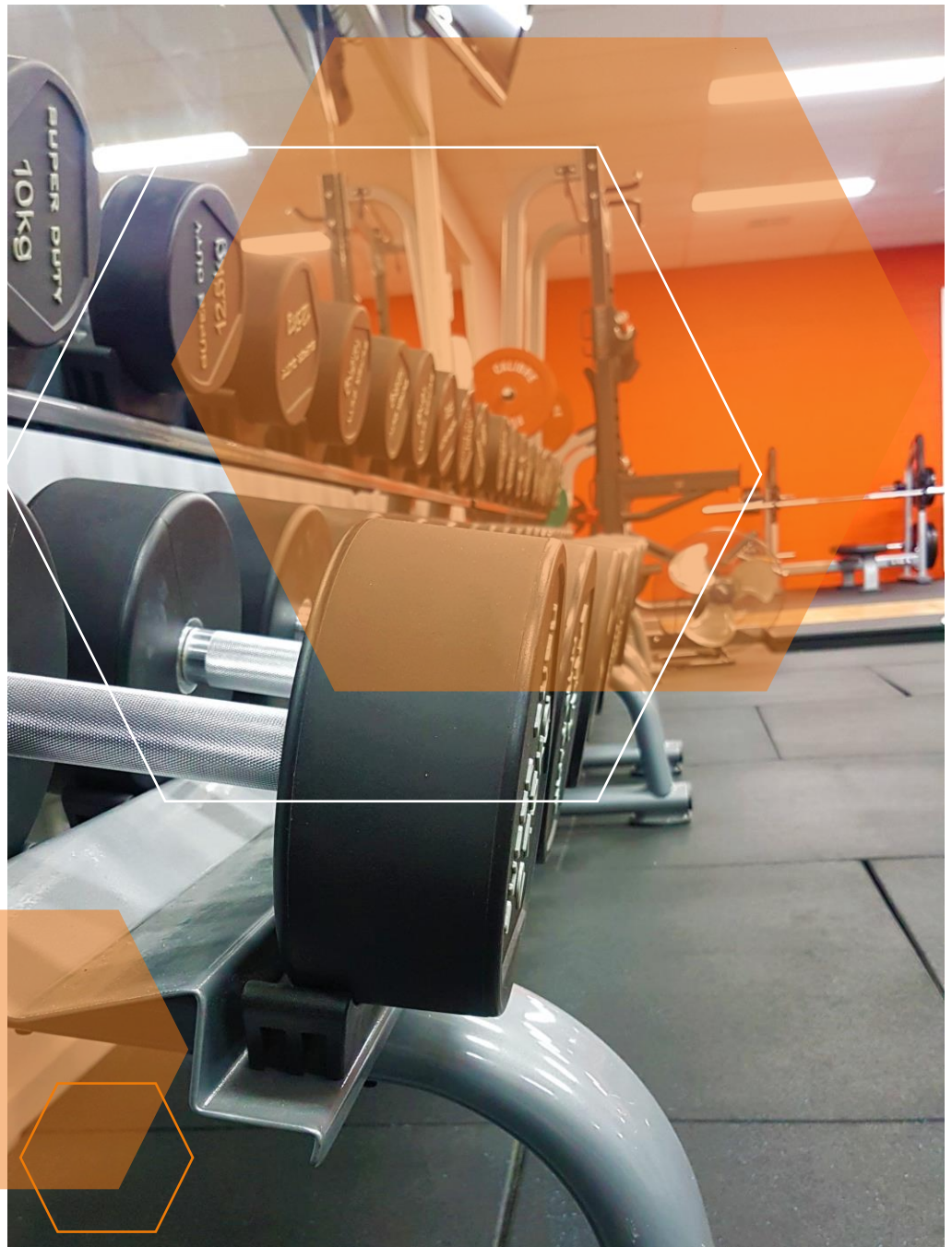
Member of the Month and our monthly Recipe

PG. 3

Equipment Emphasis: Recumbent Bike

PG. 4

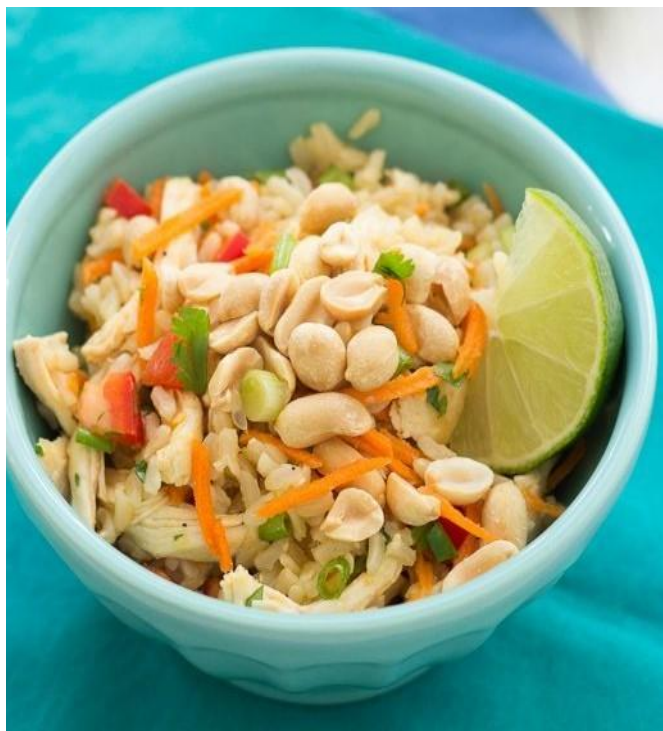
Extra news this month



APRIL 2019

Hello everyone. Thanks for having a gander at the latest edition of the Fitnow! newsletter. Just a short issue this month as the gym has been nice and busy lately! We're seeing about 50% more faces than normal! It's good to see everyone staying so committed as the temperature starts to cool off.

Don't forget that your summer bodies are made during the winter so now is the perfect time to get yourself into a good routine! If you're unsure about any of the exercises you're doing, or food that you are eating feel free to drop by reception whilst you're here and have a chat!



MONTHLY RECIPE

CHICKEN AND RICE SALAD WITH GINGER-SESAME DRESSING

For the Salad

- 1 ½ cups brown rice
- 2 boneless skinless chicken breasts cooked and shredded
- 1 red capsicum chopped
- 1 large carrot shredded
- 6 green onions sliced
- 2 tablespoons chopped fresh cilantro
- ½ cup dry roasted peanuts

For the Dressing

- 3 ½ tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- 2 ½ teaspoons sesame oil
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon minced fresh ginger
- 2 cloves garlic minced or pressed
- 1/8 teaspoon crushed red capsicum flakes

1. Cook brown rice. Transfer rice to a large bowl and let cool.
2. Add chicken, capsicum, carrot, green onions, and cilantro to bowl with rice. Stir to combine.
3. In a small bowl, whisk together all dressing ingredients. Pour dressing over salad and stir to evenly distribute. Season to taste with salt and pepper. Serve salad at room temperature or chilled, topped with peanuts.

Perfect for an easy dinner or to take to work for a delicious and nutritious lunch.



MEMBER OF THE MONTH

The member of the month for April goes to Nikita Nisbet. Nikita always gets a laugh out of us whenever she comes in.

She's a pleasure to have around and has shown great consistency over the last couple of months. In fact, Nikita has made it in almost every day for quite a while now!

Not only has Nikita been super consistent but she has been training for a good cause. Nikita did 100km on the treadmill in 10 days to raise funds for children with disability.

Well done Nikita! Keep up the great work!



EQUIPMENT EMPHASIS

RECUMBENT BIKE

The recumbent bike includes features like the air flex seat with a ventilated panel and unique suspension system for a cool, cushioned ride. A simple seat adjustment allows the user to change the position of the seat with one hand, either on or off the bike.



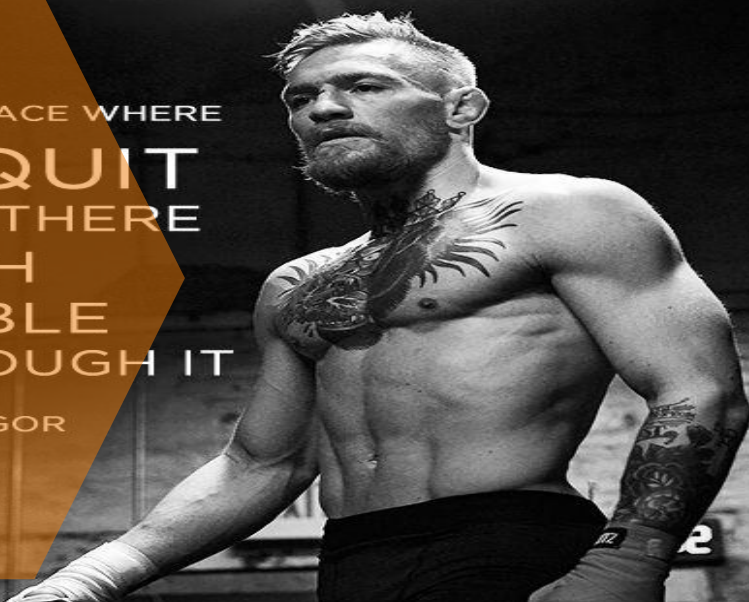
With a touch screen console just like a high-end phone, and a simple, intuitive interface that draws users deeper into their workout, the 880 Line console is a reliable fitness solution that will provide a personalized fitness experience that engages and motivates them to come back for more.

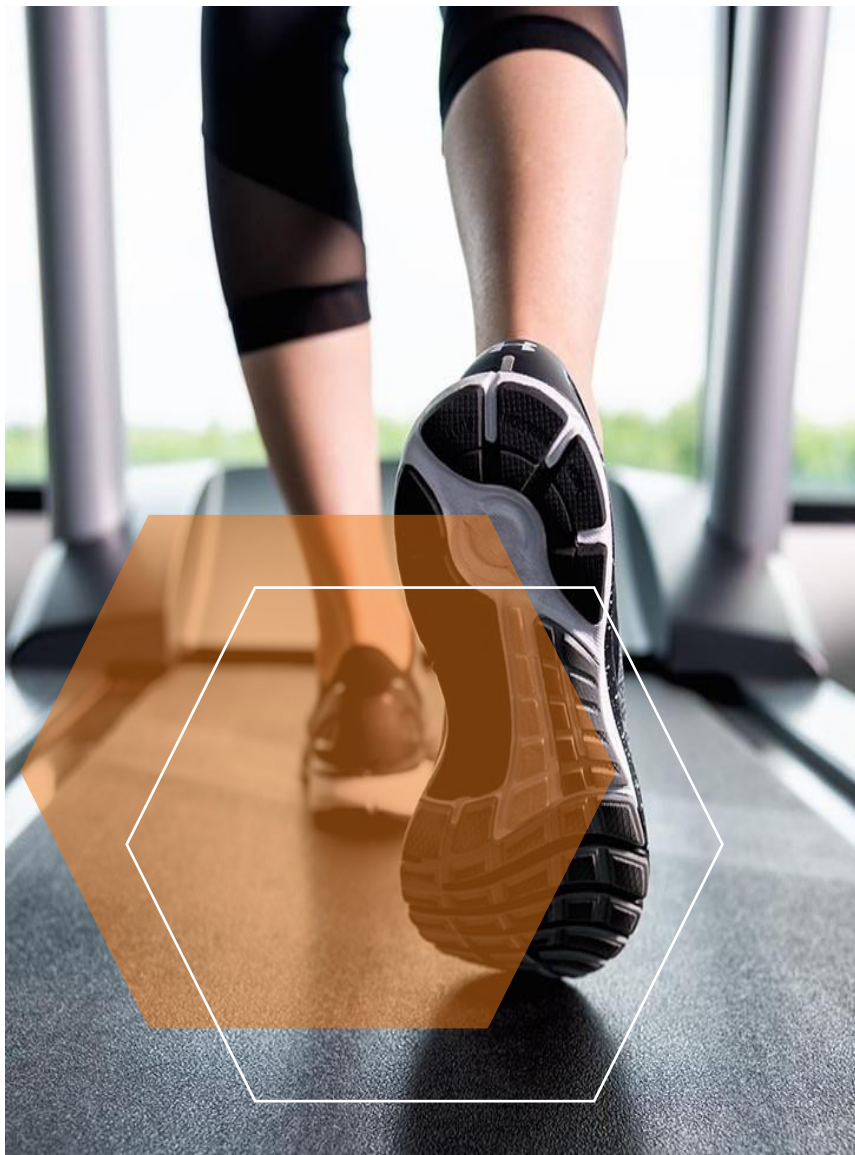
I WANT TO FIND THAT PLACE WHERE
PEOPLE QUIT
I WANT TO BE THERE
AS MUCH
AS POSSIBLE
AND PUSH THROUGH IT

- CONOR MCGREGOR



FORCEFITNESSPT.NET





Best Regards,

Lawrance Warren

Instructor

Fitnow! Deniliquin



“Leading the way in fitness now!... and into the future”

EXTRA NEWS

APRIL FITNESS CHALLENGE

Just a quick reminder to keep pushing through with those kilometers! It's going well so far with lots of members getting some distance in. We are up to just over 1000km between everyone! The top four contenders are all really close so it's still anyone's game!

REFER A FRIEND

Don't forget that as the month continues that we are still running the refer a friend promotion. If you haven't got any of your mates to sign up yet get them in here to receive one-month free membership. We already have quite a few members enjoying their free membership!

WATER

You may have noticed whilst in the gym that there is water kept behind the counter in the fridge.

Daniel & I had started buying bottled water for ourselves over the warmer months but were happy to give them out if members had forgotten their drink bottle as good courtesy.

We were worried this courtesy would eventually be abused and some wouldn't make the effort to bring their own drinks.

Daniel has spent \$45 each week for the past three weeks on water so we've come up with a new way to keep this viable.

We are still going to be stocking the fridge but kindly ask you to pay \$1 per bottle, this will be an honesty system with a coin tin placed on top of our fridge.

This money will go towards getting more water for the gym.