



July is upon us and we have an exciting month ahead. First and foremost we finally we have the installation of our new plate loaded equipment for some serious training. We hope you enjoy using all the new stations and if you have any questions just ask one of our team. Also, we have also launched our new website. The address is www.yourfitness.net.au This website will be updated regularly to keep you informed on all the latest and greatest things happening around the gym. So be sure to check it out.....you may even see yourself in one of our many photos!

STAFF PROFILE
10 Questions with Emma

Where were you born?:	Sydney
What sport to do you enjoy watching?:	NRL
Who is your favourite sports person?:	Hulk Hogan
What is your favourite TV series?:	Sex & The City
What is your favourite song	Black or White (Michael Jackson)
Where is your favourite place to holiday?:	St Tropez
Are you a dog or cat person?:	Dog
What is your favourite outdoor activity?:	Shopping
What country or city would you like to visit but haven't?:	New York
Who alive or dead would you love to go to dinner with?:	Michael Jackson



Bec Chidiac



Cairns Festival of sport was held on Sunday 21st June. Thank you to everybody who came down and supported Your Fitness during the event. A big CONGRATULATIONS to all the Couch to K's runners. You all gave 110% on the day and should be very proud of your achievements.....we are!

Another big shout out goes to our triathlon teams. Your Fitness took our 1st & 2nd place in the corporate team event.

Team 2 – 1st place:

Kyne Boscarini:	Swim leg
Michael Crawford:	Cycle leg
Chris Jacques:	Run leg

Team 1 – 2nd place:

Allyce Dunnett:	Swim leg
Anthony Datson:	Cycle leg
Joel Murray:	Run leg

Finally, Your Fitness are now the Cairns Festival of Sports Tug-O-War reigning champions. We took on Sea FM in the final and SMASHED them !!

BRAIN EXERCISE
What is this phrase?

**standing
friend miss friend**

DID YOU KNOW.....

How Much Exercise is good for my health ?

30 minutes of moderate-intensity activity on most days a week, or 3 x 20 minutes of vigorous intensity activity.

Science studies show that individuals doing this amount of activity have a reduced risk of early mortality. The studies are longitudinal, follow up large groups of adults over many years, and look at records of cause of death and frequency of disease. Specific studies have shown that active lifestyles (to a level equal to, or more than the current recommendation) will reduce the risk of coronary heart disease, diabetes, cancer and stroke.

In addition, exercise helps reduce overweight and obesity, reduces high blood pressure and your risk of a heart attack, while at the same time makes you look good, feel great, is lots of fun and is something you can do with friends. The benefits of being physically active are so wide and numerous it would be a miracle pill if it were available.



**MOVIE OF THE MONTH BROUGHT TO YOU BY
BIRCH, CARROLL & COYLE**

**COTTAGE CHEESE VEGETABLE
LASANGE**

Most of us can benefit from including more vegetables in our diet and this vegetable lasagne is a great way to do it.

This vegetable lasagne recipe is made using pumpkin, tomato pasta sauce, spinach leaves, crushed garlic and cottage cheese, which is a great source of protein and adds a nice zest to this dish.



INGREDIENTS

- 500g Pumpkin, peeled & sliced.
- 800g Pre prepared Tomato Pasta sauce.
- 1 Tblsp Olive Oil.
- 2 Cloves Garlic, crushed.
- 300g Spinach leaves, washed & chopped.
- 1 Tub of Bulla Original Cottage Cheese.
- 1 tsp Tuscan seasoning.
- 3 Eggs.
- 1 cup Parmesan Cheese, grated.
- 6 Fresh Lasagne sheets.

COOKING

1. Pre-heat oven to 170 degrees C.
2. Place the sliced pumpkin into a large saucepan with the tomato pasta sauce and simmer over a low heat for 10 minutes.
3. Heat the olive oil in a frying pan over a medium heat and sauté the garlic 1 min, add the spinach leaves to the pan and cook stirring until spinach is wilted. Remove from the heat and cool.
4. Combine the cottage cheese, seasoning, eggs and 1/2 the parmesan cheese in a large bowl and mix well finally fold through the wilted spinach.
5. Spoon half the Pumpkin mixture into the base of a deep 24 cm square baking dish, cover with a layer of pasta sheets, top with half the cottage cheese mixture, cover with a layer pasta sheets and top with remaining pumpkin mixture repeat with remaining pasta, finishing with the cottage cheese and spinach mixture.
6. Sprinkle over the Parmesan cheese and bake uncovered in the pre-heated oven 180c for 30 minutes until golden.

NUTRITION INFORMATION

Servings:	8			
Serving size:	357g			
	Average Quantity per Serving		Average Quantity per 100 g	
Energy	2272	kJ	635	kJ
	543	Cal	162	Cal
Protein	30.8	g	8.6	g
Fat, total	18.7	g	5.2	g
- saturated	9.15	g	2.6	g
Carbohydrate	59.1	g	16.5	g
- sugars	11.4	g	3.2	g
Sodium	1125	mg	313	mg



EXCLUSIVE TO YF MEMBERS

5% OFF TREATMENTS

Show your keytag to take advantage of this great offer

100 Club

Congratulations to the following members who are now part of the Your Fitness 100 club

- | | | |
|--------------------|----------------|------------------|
| Edel Bonello | Naomi Brown | Josiah Cavallaro |
| Darren Colyer | Anthony Datson | Nathan De Heaume |
| Carole Drouin | Warwick Fegan | Jo Gory |
| Carol Hautot | Asta Hinds | Robert Kim |
| Brigitte McKaskill | Jim Miller | Frank Pagram |
| Kathryn Skinner | David Swan | Tony Williamson |

Please see reception to collect your free T-Shirt

200 Club

Congratulations to the following members who are now part of the Your Fitness 200 club

- Nick Lionakis
Andrew Sidoti

Please see reception to collect your free towel

**Brain Exercise Answer:
Misunderstanding between friends**

