



Its winter already! June sees the arrival of our newest fitness equipment - 13 new plate loaded machines ready to burn off those extra winter kilos. The Cairns Festival of Sports is also quickly approaching, so if you're not already, it's time to get involved in the Your Fitness Fun Run. For those more serious competitors... there is always the 10km race and the Coral Coast Triathlon (see reception for details). With all this going on - there really is no excuse to hide under those winter woollies!



# Cairns Esplanade Festival of Sport

21 JUNE 2009

### STAFF PROFILE 10 Questions with Suari

Where were you born?:  
 What sport do you enjoy watching?:  
 Who is your favourite sportsperson?:  
 What is your favourite TV series?:  
 What is your favourite song  
 Where is your favourite place to holiday?:  
 Are you a dog or cat person?:  
 What is your favourite outdoor activity?:  
 What country or city would you like to visit but haven't?:  
 Who alive or dead would you love to go to dinner with?:

Cairns  
 Swimming & NRL (Origin)  
 Libby Tricket  
 House  
 Fast Car by Tracey Chapman  
 Portugal  
 Dog  
 Swimming  
 Egypt  
 Pink



Suari Goncalves

## DO YOU NEED A NEW PLASMA TV?



### SPREAD THE WORD!

For every friend you REFER IN JUNE....

You will receive one ticket into the draw to WIN A PLASMA TV

### BRAIN EXERCISE

Can you guess this phrase??

12345  
ME



### FEELING THIRSTY??

Collect your discount card from reception and receive 10% off drinks at Bellavista.

BRAIN TEASER ANSWER: Count on me



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

HE NEEDED A BEST MAN... HE GOT THE WORST.

## YOUR FITNESS REEF TRIP

Always wanted to visit the Great Barrier Reef? Well now you can! Join us on the 13<sup>th</sup> of June for the YF reef trip and Your Fitness will shout half of your ticket!! Pay only \$90 for a full day at the reef (including lunch).

**BONUS:** Bring a friend along and they pay half price too!



## HEALTHY WINTER WARMERS!!

### Mussels with Sherry, Saffron and Paprika



Mussels are very high in vitamin B12 and iron (both of which help prevent anaemia), as well as the antioxidant mineral selenium. They also provide DHA, an omega-3 fatty acid that promotes healthy brain function.

### Ingredients:

3 tablespoons olive oil	3/4 teaspoon paprika
1 cup sliced shallots (4 to 5 large)	3 dozen mussels
3 garlic cloves, chopped	1/2 teaspoon saffron threads
1 can diced tomatoes in juice	3/4 cup dry Sherry
1/2 cup chopped fresh Italian parsley	

### Preparation:

Heat oil in large pot over medium heat. Add shallots and garlic; sauté until tender, about 5 minutes. Add Sherry, tomatoes with juice, paprika, and saffron; sprinkle with salt and generous amount of pepper. Bring to boil. Reduce heat to medium; boil gently 3 minutes to blend flavors. Add mussels and half of parsley; cover and cook until mussels open, about 3 minutes (discard any mussels that do not open). Stir in remaining parsley. Divide mussels and juices among bowls and serve with crusty bread or pasta.

### Nutritional Information:

	Quantity	%Daily Intake
Energy (calories)	344	17%
Fat	Total	14g
	Saturated	2g
Cholesterol	40mg	13%
Sodium	571mg	24%
Carbohydrates	23g	8%
Fibre	1g	6%
Protein	19g	38%



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

Nicole Bates	Tony Bugeja	Ellie Copland
James Davidson	Christian Gornall	Hayley Gorsuch
Hyun Je Lee	Angela Little	Ameria Macbeth
Julian Merse	Yukp Nakamura	Joel Oberthur
Ivana Patalano	Christopher Read	Vita Scalia
Daive Sidoti	Margaret Ross-Kelly	Hapreet Singh
Sepe Tiarua	Snjezana Tuhega	James Vaughan
Rebeka Tunevitsch	Melinda Wilson	Michael Wilson

Please see reception to collect your free Your Fitness T-Shirt ☺

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

David Ahmed	Sam Fumera
Enzo Ruggeri	Malcolm McDonald
Aldrin Sabuero	

Please see reception to collect your free Your Fitness Towel ☺

