

Dear Members,

As this is our November Newsletter, Surely some sun must be on its way to chase away the soggy days.

12 week body challengers are now completing their final week and we are seeing some wonderful results.

Our new Thursdays 10 am 'Keep on Your Feet' has proved very popular and we are excited to be able to include this class in our timetable. If you know of any person that would benefit from a strength and balance class that will help reduce the risk of falls and injury. Please refer them to this class. See reception for details.

Congratulation to Lyn Wright who has recently completed in NABBA body building competitions. 1<sup>st</sup> Wellington –Overall Figure, 1<sup>st</sup> NZ Nationals – Open Figure, 1<sup>st</sup> North Harbour – Open Figure.

Hard work really does pay off!!

We are sadly saying good bye to Kat this month and welcoming Casey who will be starting soon.

Christmas decorations are going to up through town now which means the countdown is on!

Why not get a new program to see you through till Xmas.

Stay Safe

## Recipe

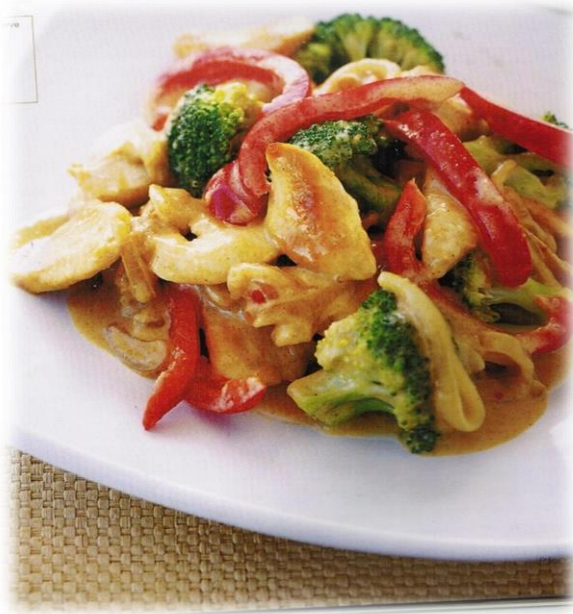
### Satay Chicken

#### Ingredients:

- 2 cups long grain rice, ■ Olive or canola oil spray,
- 500g skinless breast fillet (sliced), ■ 1 onion, sliced, 1 red pepper (sliced), ■ 2 cups broccoli sliced, ■ 2 cups broccoli florets, ■ 1 pkt Maggi Taste of Asia Satay chicken Recipe Mix, ■ 2 tbsp. reduced fat peanut butter, ■ 1 cup light coconut milk, ½ cup water

#### Instructions:

- Cook rice following packet directions
- Spray a non-stick frying pan oil and heat. Add chicken and cook for 4 minutes, stirring, add onion and cook for 2 minutes.
- Add red pepper and broccoli, cook for a further minute.
- Add combined remaining ingredients, bring to boil, stirring, simmer for a further 5 minutes, serve over drained, cooked rice.



# Keep on your feet

STRENGTH & BALANCE CLASSES

Get stronger for longer, and have fun with Keep On Your Feet!

Strength & balance classes for older adults. Challenge yourself in a safe, supportive environment with qualified instructors. Suitable for all abilities.

**THURSDAY**  
**10<sup>AM</sup>**

FOR MORE INFORMATION PLEASE CONTACT

**TE PUKE HEALTH AND FITNESS**

3 NO. 3 ROAD TE PUKE



**07 573 5855**

## GYM RULES

### For Health and Safety Purposes....

- ALWAYS SCAN IN
- NO CHILDREN IN GYM AREA
- WEAR CLOSED IN FOOTWEAR
- PLACE TOWEL ON EQUIPMENT DURING WORKOUT
- WEAR DEODORANT
- WIPE DOWN EQUIPMENT AFTER USE
- DON'T USE EQUIPMENT YOU DO NOT KNOW HOW TO USE

### Respect....

- GYM EQUIPMENT
- STAFF MEMBERS
- OTHER GYM MEMBERS



# 8 WEEK MEMBERSHIP

FOR ONLY

~~\$250~~

# \$150

*\*Conditions Apply*

