

TEAM MEMBER OF THE MONTH

Kelly Fraser

What do you like most about working at iC health?

I love sport and exercise so this is the ideal job for me, I love meeting all sorts of different people from elite athletes to members trying to reach their goals.

Are you doing any sport or training now and what's involved?

I'm training for 400m & 800m (track).

What's your advice to aspiring athletes and fitness in general?

Listen to your body! if something is not feeling right, get it looked at and have the appropriate recovery time, there is no point in pushing through it, otherwise you will end up doing more damage and will have to have even more time off. I have had to learn the hard way, now I have finally got it!

What is your favourite sport, food and drink?

Sport - athletics of course!

Food - chocolate!

Drink - Milo!

If you could be any sports Person who would it be?

Cathy Freeman - of course- nothing beats winning gold in the best event ever (400m) for Australia at the Olympics with a home crowd cheering you on! I watched her in the 400m semi's but could not get tickets for the final.

Power Lifting

Power lifting is not just for Olympic weight lifters.

This is a great way to add variety to your workout, especially if you are looking to gain strength, functionality or simply want to try some new exercises.

Power lifting is a sport and training method that consists of 3 event/lifts. The Squat, Bench press and the Dead lift. Power lifting at a competitive level combines the elements of power and speed to these three lifts to test a person's maximal limit strength over a single repetition. Whilst the average gym-goer may not be interested in increasing their one repetition maximum, they are more than able to learn these three lifts safely and add them to their workout program,

As these three lifts are some of the most compound and relevant biomechanical movements that a person can learn in a gym environment.

Power lifting training offers a healthy variety to a person's workout, especially if they are looking to gain strength,

For more information on the power lifting exercises ask our qualified team at the health club to run you through the correct technique of the Dead lift, Squat and Bench press.

Vegetarian Lasagna

Serves: 6
Preparation: 20 minutes
Cooking time: 70 minutes



Ingredients

800 grams tomatoes, halved
3 zucchini, sliced
12 sheets wholemeal lasagne
1 cup basil, chopped
½ cup fresh mixed herbs
3 cloves garlic, peeled
4 cups baby spinach
30 ml olive oil
400 grams pumpkin, small slices
½ tsp nutmeg
500 grams mushrooms, quartered
1/3 cup parmesan, grated
1 cup low fat ricotta
1 cup low fat ricotta
500 grams eggplant, sliced

Instructions

1. Preheat oven to 170 degrees Celsius.
2. Place tomatoes in baking tray with chopped basil & 1/3 of oil
3. Brush sliced eggplant & zucchini with 1/3 of oil & place on a baking tray lined with baking paper. In another baking tray place mushrooms & pumpkin with last 1/3 oil & cracked black pepper.
4. Place tomatoes & eggplant in oven for 10 minutes. Then add mushrooms & pumpkin. Cook 20 minutes or til cooked through.
5. Blend roasted tomato, basil & garlic til smooth. Lay a small amount across the bottom of lasagne tray. Arrange a layer of precooked lasagne over the sauce followed by a layer of mushroom and pumpkin and chopped herbs. Add a layer of eggplant and zucchini and a layer of sauce. Cover with a layer of spinach and another layer of lasagne.
6. Repeat the process finishing with a layer of pasta. Rinse blender & combine ricotta, milk & nutmeg. Pour over the top.
7. Sprinkle parmesan over the top & bake for 40 minutes

WHATS ON NEXT MONTH?



Next month we will have some exciting events happening including:

*iC health's very own
Tour de France*

&

Diabetes Awareness week (including risk assessments & education seminar)

Stay tuned for, more details

This newsletter is for you! Email us to tell us what you would like to see in this monthly newsletter.

Ask us a question and we will answer it in our Q&A section.

Want to be our member of the month? Write in and tell us about

how you have achieved your

health and fitness goals to inspire

other members in the health club.

Email: info@ichealth.com.au

facebook

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twitter

JUNE 2010



CITY TO SURF TRAINING PROGRAM

The City to Surf squad is an 8 week program aimed at improving you running for the city to surf fun run.

When & Where:

Training commence 15th June. There are AM and PM sessions Mon, Wed and Fri

What's included?

Choose from 5 running session per week

The confidence that you'll finish and improve your time

Personalised strength program

Weekly newsletters packed with health, fitness & running information

Discounted massage from Illawarra Sports therapy

Training Diary

Free attendance to URAC/iC health's healthy living seminars

Price \$220 (for more details or to register see reception)

For enquires please email hannahl@uow.edu.au or 4221 4852

iC health will be opened 9am-5pm on Monday 14th June 2010 due to the Queens birthday public holiday

Jason Cole— Member of the month

Around a year ago I saw this photo and decided enough was enough. I had to do something about my weight. I work as a photographer, and just the simple act of getting up and down for shoots was always hard work and at the end of the day I would be exhausted, yet I had done virtually no work, I was just really unfit and heading towards a heart attack or stroke. The day came when I went and saw my doctor for a checkup and he said my blood pressure was getting high, and that they would soon have to medicate me if I don't start making some drastic changes to my lifestyle. I weighed in that day 14th April 2009 at 153.3kgs.

The next day started at iC health club and the encouragement I got was great. I thought that I was going to get looked down on because of my size, but my best friend encouraged me and came along. When I walked into the gym there all the staff were encouraging and it wasn't a gym full of buff wannabes, it was an all round gym and a friendly atmosphere.

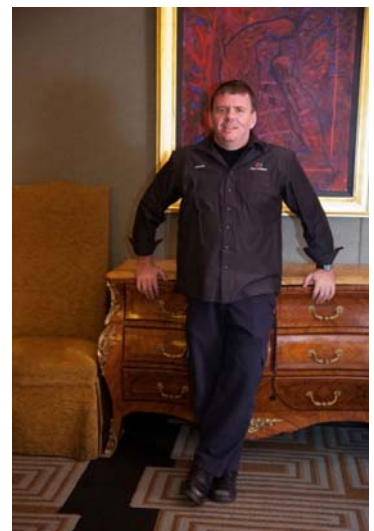
I can't tell you the joy I got when I hopped on the scales and saw my weight going down. It gave me great motivation to push forward and achieve my goal weight of 90kgs.

Over the next month I continued to train but stopped seeing the weight loss I was working hard for. I decided to approach Lukas Chodat (Chodat fitness), I was nervous about this but was pleasantly surprised at how friendly and helpful he was. Having a Trainer and a great gym environment showed me that I could achieve my goals and that I had limits way above what I thought they were. 14th May 2010 I weighed myself, 13months on and I'm a healthy 106kgs, and my end goal is finally in my sights and now it is real. Its taken me over a year to get here but the journey has been tough going but amazing! My advice? Stick with it and remember the amazing feeling the first time someone says to you "wow you look amazing have you lost weight?..."

"Having a trainer and a great gym environment showed me that I could achieve my goals and that I had limits way above what I though they were"



14th April 2009
153.3kgs.



14th May 2010
106kgs