

Winter News

KEEPING WARM

Option One – Light the Fire + Sit on the Couch
Option Two – Eat + Drink Loads of Hi Cal Food
Option Three- Move, Move Often, Move Faster

SOME FUN THINGS TO FOCUS ON

Run Melbourne's Run to the G – July 18
Kuipto Winter Duathlon – July 25
Participating in AVA Adventure Race – Aug 1
Run Sydney's City to Surf – Aug 8
Barossa Duathlon – Aug 15
Run Adelaide City to Bay Fun Run – Sept 19
Walk the Trail Blazer Challenge – Oct 9/10
McLarenVale ½ Marathon – October 10

TERM 3 TIMETABLE + ENROLMENTS

Enrolments for Term3 sessions are now open. If you know you want to Train do not delay in returning your enrolment form. It is First Enrolled, First Reserved. Simply complete + return a "Returning Participants" enrolment form.

FITNESS TEST – Term 3

Once again on offer, is my time to conduct the quarterly fitness test. A way for you to regularly monitor your fitness progress. The test only takes 20mins (approx) and will be held **Tues 20 July - 7pm**. It will include the Beep Test (CV Fitness Test) and 2min sections of Push, Pull, Core and Leg Exercises to test Muscle Strength and Endurance. If you are interested in Participating (Free) please book in.

TRAIN FOR FREE **It could be You**

Friendly Reminder to keep committed to your training sessions. By turning up to each and every session you enrol for your name will go into the draw at the end of the Term for a chance to win up to \$120 worth of training for the following Term. **Winner of Term 1 was Marisa Pacella.** Well Done.

MAKE UP SESSIONS

Just a reminder that any missed sessions for Term 2 can be made up by end of Term. As there are always one or two places in each class reserved for make ups please just let me know you are coming so I can reserve your place.

AWARDS **Thankyou for Voting**

I want to thank everyone for your support in our recent Bid to make the Messenger Local Business Awards. We did a fantastic job by making it to the Finals. Disappointing however, not to have made it all the way, after all your efforts. Maybe I'll spend a little more money with the Messenger Next Year. (LOL). For those of you who came down in the last holiday break to have your photos taken, I do hope you caught a glimpse of yourself in Last Week's Health Plus section of the East Torrens Messenger.

HEYSEN TRAIL WALKING GROUP

We are now up to Walk #4 and as July is quite void of Community Fun Runs + Rides, it sees us squeezing in the next Three Legs of the Trail. We have now departed the beautiful Deep Creek Conservation Park which means we have completed the hardest of the walks and those of you who may have been a little deterred by the difficulty of the Terrain in Deep Creek will find the upcoming walks over farmland and country roads a little more to your liking. If you would like to join our great core group of walkers for any of the upcoming walks please let me know so I can keep you in the loop of logistical information.

The dates of the upcoming walks are

July 4, 11, 25, Aug 29, Sep 5, 26, Oct 3, 24, 31



Heyesen #3 Tunkalilla Beach – Photo Michael Trebeck

A HOT RED CHICKEN WINTER CURRY

INGREDIENTS

400g Skinless Chicken Breast, thinly sliced
1 Whole Fresh Red Chilli, finely chopped
1½ Tbs Red Curry Paste
150g Cherry Tomatoes, halved
200g Fresh Green Beans
150g Mushrooms, sliced
3 Tbsp Light Sour Cream
½ Whole Stock Cube dissolved in ½ cp Hot Water
1 Tbsp Fresh Lime Juice
2 tsp fish sauce, 1 tsp brown sugar, ¼ cp fresh basil

METHOD

Preheat large non stick wok/ fry pan. Spray with Oil
Add chicken in 3 batches, stir frying quickly until golden brown on outside. Set aside.
Meanwhile place beans in a bowl + cover with boiling water. Set aside for 2 mins, then drain. Set aside.
Respray wok/pan with oil and add chilli + curry paste. Cook for 1min or until fragrant. Add tomatoes, beans, mushrooms and chicken and cook stirring for 2mins.
Add light sour cream, stock, lime juice, fish sauce + brown sugar. Cook for a further min, then toss through basil just before serving. Serve with basmati rice.

Serves 4
Breakdown per Serve
Calories 225
Protein 35g
Carbs 4.5g
Fat 5g

Sourced from
[Weight Watchers com.au](http://WeightWatchers.com.au)

