

Splash into Aqualink Box Hill these holidays



We celebrated another Les Mills Group Fitness launch featuring all the favourite classes such as BODYPUMP, BODYSTEP, BODYCOMBAT, BODYJAM and BODYBALANCE.

These launches are a fun way to learn the new moves and try out different types of classes in one master class. Keep your eye on the notice board for the next launch.

Every year Aqualink Box Hill surveys a cross section of members and casual users of the Centre. This survey was developed by CERM (The Centre for Environment and Recreation Management) and provides the Centre with the ability to measure customer expectation and satisfaction levels throughout the Centre. It is also used to benchmark

Aqualink Box Hill alongside other facilities within the industry. Results from the survey are ultimately used to improve the level and quality of the programs and services we provide.

Commencing Wednesday 14 April for one week, you may be approached to complete the survey (takes approximately 10 minutes). Alternatively, you can pick up a survey from reception. Your feedback is valuable and to show our gratitude, all surveys received will put you into the draw to win a month's FREE membership.

Healthlink Cafe has undergone a few changes since 1 January with Peter and Thelma passing on the management of the Cafe to their nephew and niece Michael and Bianca. Already they have introduced an exciting range of new treats and are undertaking minor renovations to make your visit to the Cafe more enjoyable.

The next Aqualink Me reward is due out 1 April and is a water timer for the shower. According to the Victorian Government, 34% of all household water use is in the shower. To help reach the Save Water Target 155, you are recommended to limit showers to 4 minutes. The reward program is now in its 5th year and is offered to all members who have remained financial over the past 6 months. So put the timer in your shower and see how environmentally friendly you can be!

Have a safe and relaxing Easter break with your family.

Yours in health
Christine Irvine
Centre Manager

Public Holidays Centre Hours Reminder

Public Holiday	Date	Centre Hours
Good Friday	2 April	Centre Closed
Easter Saturday	3 April	8am - 8pm
Easter Monday	5 April	8am - 8pm
Anzac Day	25 April	8am - 8pm
Anzac Day Public Holiday	26 April	8am - 8pm
Queen's Birthday	14 June	8am - 8pm



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It's not what you're eating, it's how much



Have you noticed that the size of muffins, chocolate bars and soft drink are growing?

As portion sizes grow, we tend to eat more often, much more than we need to stay healthy.

Larger food portions have more calories. If we regularly eat more calories than we need, we put on weight and put ourselves at increased risk of weight-related diseases like type-2 diabetes and heart disease.

Portion Control at home

Measure what you eat by comparing your portions to the serving sizes listed on packaged food. You do not need to measure and count everything you eat for the rest of your life; just long enough to recognize standard serving sizes. Try these other ideas to help you control portions at home:

- Take a standard serving out of the package and eat it off a plate instead of eating straight out of a box or bag.
- Avoid eating in front of the TV or while busy with other activities.
- Eat slowly so your brain can get the message that your stomach is full.
- Have second helpings of vegetables or salad instead of high-calorie foods like desserts.
- When cooking large batches, freeze food that you will not serve right away. This way, you won't be tempted to finish eating the whole lot before the food goes bad.

Remember to freeze in single-meal-sized containers.

- Try to eat three sensible meals at regular times throughout the day. Skipping meals may lead you to eat larger portions of high-calorie, high-fat foods at your next meal or snack. Most importantly, eat breakfast every day.
- When you do have a treat like chips or ice cream, eat only one serving, eat it slowly and enjoy it!

Portion Control eating out

Research shows that the more often a person eats out, the more body fat he or she has.

Try to prepare more meals at home. Eat out and get take-away foods less often. When you do eat away from home, try these tips to help you control portions:

- Share your meal, order a half-portion, or order an appetizer as a main meal.
- Stop eating when you begin to feel full. Focus on enjoying the setting and your friends or family for the rest of the meal.
- Before you buy your next large "value meal," be sure you are making the best choice for your health and your wallet. If you are with someone else, share the large-size meal. If you are eating alone, skip the special deal and just order what you need.
- When travelling, bring along nutritious foods that won't spoil like small cans of fruit, healthy sandwiches, whole grain crackers and bottled water. If you stop at a fast food restaurant, choose one that serves salads, or order the small burger with lettuce and tomato. Have water or non-fat milk with your meal instead of a soft drink.

Article :- <http://www.weightloss.com.au/articles/healthy-diets/portion-control.htm>

Find a greater sense of well-being with Yoga



Yoga at Aqualink Box Hill has grown over the years and now offers five daytime classes and two evening classes per week.

I would like to personally thank the many committed and enthusiastic participants who have helped to maintain and create a vibrant yoga community at our Centre.

As a teacher it has been extremely gratifying to see the rewards being reaped through this ancient enduring practice. Many students have experienced personal growth and transformation in their lives through their continued efforts.

Well done! And thanks for making my job so enjoyable.

The magic of yoga is that it works on many levels from the physical through to the spiritual. With such a range of tools available to us, we have much to draw upon to help us on what can become a journey of self-discovery.

Over time we start to feel a greater sense of well being and sense something beginning to open us up to living more consciously and with a much greater awareness.

Haven't tried Yoga, why not come along and see what it's all about? Classes at the Centre allow you to work at the level that suits your needs. Hope to see you at a class soon.

Diz (Yoga Instructor)

RMIT Seeks Participants



Are you 65 years of age or older, have been weight training for at least 12 months, do not require an aid for walking and have no hip, spine or shoulder complaints?

RMIT University is looking for subjects for a study investigating the effect of resistance training on the bone

mineral density and muscle mass of older adults.

The study will form part of a thesis for post-graduate research student and Aqualink Box Hill Gym Instructor/ Personal Trainer, Andrew Duck. The study lasts for 4 months with the option to continue for a further 3 months. All exercise sessions may be conducted at Aqualink Box Hill with assessments at RMIT University's Bundoora Campus.

For further information please contact Andrew Duck on 0407 370 238 or email andrew.duck@rmit.edu.au



**Aqualink Me Reward
Shower Timer
Available 1 April 2010**

Eligible Members will be notified by email or post

Group Fitness Update



Autumn Timetable out now

A new timetable was launched in March and offers a few exciting changes. Two new circuit classes have been added at 6.30pm on Monday and Wednesday. Two new lunchtime classes have been added on Monday (BODYPUMP) and Wednesday (Boxercise), both at 12noon. If you need childcare, the Crèche has spaces available.

The Aqua classes on Tuesday, Wednesday and Friday have changed to 9.30am start time

to avoid congestion at class changeovers.

A copy of the latest timetable is available from the website and reception.

The timetable is updated quarterly so if you have any suggestions please drop us a note on the Customer Feedback forms located around the Centre.

Minimum Age

Following a review of age limits by Fitness Australia, the minimum age for Group Fitness class participation has changed to 14 years (with the exception of BODYPUMP, Boxercise, Circuit and Boot camp to 16 years).

Further information on exercise guidelines for adolescents is available from the Gym Supervisor, Tristan Simmons.

Earth Hour



Whitehorse Council is supporting Earth Hour for the 3rd year. Earth Hour is an initiative that encourages households and businesses to turn off their lights for one hour on 27 March from 8.30 to 9.30pm.

Earth Hour is an event organised by the World Wildlife Foundation Australia that aims to reach more than one billion people in 1000 cities around the world. Communities, businesses and governments are invited to switch off their lights and send a powerful global message about the

need to take action on climate change.

We will be turning off all non-essential lighting at Aqualink Box Hill and encourage local businesses and the community to do the same as a symbolic statement about the greatest contributor to climate change – coal-fired electricity.

For more information on Earth Hour and to sign up, visit www.earthhour.org

MEMBERS ONLY EASTER SALE

**20% off all Gym
and Swim Wear
15 - 31 March**

Includes Reebok, Running Bare and Speedo. No further discounts apply. Excludes accessories.

Boot Camp



Rain, hail or snow, Aqualink Box Hill has the advantage of being able to run programs indoors or out, avoiding the inclement weather that turns some people off.

With Boot camp proving a great fitness motivator, six programs have been added to the calendar for this year (February, April, May, July, September and November).

If your interested in kick starting your fitness, places are now available for the next program starting 12 April.

Tempted but not quite sure about joining? The sessions are based indoors and outdoors and include boxing training, carrying tyres, push-ups, running, sports training, obstacle courses, stair climbing – to name a few.

The sessions are held on Monday, Wednesday and Fridays starting at 6.05am for 6 weeks.

Sounds great? – then register your interest for the next program at reception or contact Frank direct on frankdeangelis@whitehorse.vic.gov.au

Editor's Apology

In the last members newsletter, acknowledgement was overlooked for the image used of the tea cup biscuits. I would like to thank Nicole for the use of this image - *Editor*.

Staff profiles



I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion."
– Muhammad Ali

Daniel Neivandt
Assistant Manager

Joined the team Jan. '10

Qualifications

Pool Lifeguard, Lvl 2 First Aid, 5-Day OHS Cert, Pool Operators Cert, Safe Food Handling Cert, Lvl 2 and 3 Community Recreation Certs

Interests

Basketball, Music, Sport, Friends & Family

Achievements

Backpacked around England and Europe, have been on the news (*waaaaay in the background*), shot under 100 at golf (*still working on consistency*), won my Supercoach league last year (*back to back this year for Danger Dan's Dogs*).



"Good things may come to those who wait but great things come to those who go out there and make it happen"
– Anon

Tristan Simmons
Gym Supervisor

Joined the team Oct. '09

Qualifications

Cert. III in Fitness, Cert. IV in Sport Development/Sport & Recreation, Systemised Personal Trainer, Lvl 1 Boxing Instructor, Lvl 1 Cycle Excel

Interests

Football, cricket and playing the occasional game of golf. I have just moved into my new house so a big interest is spending time with my partner Sharon, fixing the place up or out the back cooking on the BBQ.

Achievements

Buying my first house, Northern Football League premierships player, League Rep. player.

FUN! during the School Holidays

Every weekday 29 March - 9 April 2010*

FUN! In the Mornings

Fun activities and sports clinics for primary school aged children each weekday of the school holidays.



Activities include tennis, fencing, circus / acrobatics, soccer, basketball, cooking / craft, snorkeling, gymnastics, AFL football and yoga / creative movement.

Time: 10.30am – 12.30pm

Cost: \$13.50 per child (*fencing, cooking / craft, snorkeling and gymnastics are additional*).



Bookings are essential.

* Programs not run on public holidays

FUN! Afternoons

Fun aquatic based activities each weekday.



Activities include the inflatable, Tarzan rope, dive boards and our brand new aqua trampoline.

Time: 1.30pm - 3.30pm

Cost: Normal pool entry fee



Dive boards stay open until 5pm.

All children under the age of 10 years must be actively supervised by an adult (16 years & over).

Brochures and registration forms are available from the Centre and on our website www.aqualink.com.au

Crèche



Did you know the Crèche is less busy between 11am and 1pm?

With lower children numbers, the staff can spend more personal time and individual playtime with your child.

So if this time suits you, then talk to our staff about booking a place for your child.

Healthlink Cafe



Sushi now available every Monday and Thursday at Healthlink Cafe.

Did you know, the word sushi doesn't mean fish at all. "Su" means vinegar, and "shi" comes from the Japanese word mishi, which means rice. So, sushi literally means vinegared rice.

Centuries ago, the Japanese began placing dried fish

between 2 patties of vinegared rice as a way to better preserve the fish. In later centuries, they began wrapping this with nori (seaweed) so it could be served without sticking to your fingers.

Sushi Menu

Cooked Tuna Nori Roll, Grilled Chicken Nori Roll or California (Seafood) Nori Roll.

All infused with mayonnaise alongside avocado and home grown cucumber with a spray of grated carrot surrounded by sushi rice and wrapped in seaweed.

Birthday's at Aqualink



Looking for a fun venue to hold your child's next birthday party?

We have a lot of fun in the water, playing aquatic games suited to your child's age and ability.

For further information, ask at reception or on our website www.aqualink.com.au

SUSHI AND JUICE OFFER



Receive a freshly made Sushi Nori Roll together with a Goulburn Valley Juice

ONLY \$5

Offer valid until 31 May 2010

To receive this newsletter electronically, please notify reception staff or email enquiryboxhill@aqualink.com.au



100% recycled paper



www.aqualink.com.au

Aqualink Box Hill T 03 9898 2099
Surrey Drive, Box Hill, Victoria 3128
enquiryboxhill@aqualink.com.au

