

REUVU

UNIGYM MONTHLY NEWS

NOVEMBER / 2011

SPORT + FITNESS
unigym
FOR EVERYBODY

Summer Stunners



I can tell you with almost certainty, that summer for us fitness-minded folk means one thing... Toned! When thinking of summer we are bombarded with imagery of Brad Pitt playing the Greek half-god Achilles from 'Troy', Jessica Alba from 'Into the Blue', and the thought of travelling to the beach to stun all those around is with our new physique. Some of us would place summer in the thesaurus next to ABC - abs, beach and crunches.

From the middle of Spring until the start of Summer the one thing I am asked, daily, is how to lose weight for Summer? This is where I almost always invariably give the response "50 percent diet, 50 percent training". Many people walk away disappointed with my advice. Many have been training for months, even years and whilst they have seen great improvements to their physiques, they just can't attain the detailed, 'Greek God' physique.

I believe the reason for this is because in the 50/50 advice I provide, they almost always have the training side down pat, however their eating habits are holding them back. Dieting is extremely hard to do. For some, training is routine, but a sweet tasting chocolate bar is just too tempting. For those who do attain a physique they are truly happy with, Summer's ABC are Almonds, Broccoli and Cardio.

This is one of the reasons the Unigym has started selling great tasting protein bars which are low in sugars, low in fat and high in protein. As summer approaches, I encourage you to try one of these great tasting bars in place of your favourite chocolate. Don't be fooled into thinking this article is just an ad either – just ask one of the many members who consume these bars daily, they are selling like wildfire! Not only are you cutting out the high fat, high sugar content of your average chocolate bar, but they retain the same chocolate flavour with the added benefit of a high protein content to help build that summer physique.

The point I am trying to make here is that a diet does NOT have to be the hard road many believe it to be. A diet is simply cleaning up your eating habits. If you can get away with eating similar tasting and filling foods without adding to the waistline, why not?

Family/Friends for \$50 promotion extended in Launceston!*

Due to the great response for this promotion, we have extended it until November 15th!

This deal provides amazing savings with huge benefits to any family or friends of existing members to gain access to the gym and Group Fitness classes for one month for \$50. After the one month period is over, they will also receive an 11 month facility membership, allowing them to pay for casual use of our facilities

*(Launceston only)



Unigym Wins Tasmanian Fitness Business of the Year!

The Annual Health and Fitness Industry Awards recognises individuals and businesses that have excelled in their commitment to the health and fitness of the Australian community. All nominated facilities for this award are assessed across a range of standards including: Quality service, customer care, standards, professionalism and safety. After an extensive assessment process Unigym was named Tasmania's Fitness Business of the Year for 2011 and was a finalist for the Australian Fitness Business of the Year for a business under 2000 members.

WHAT'S HAPPENING...

Launceston

This month Launceston have a range of promotions and activities coming up!

Summer Tennis Tournament

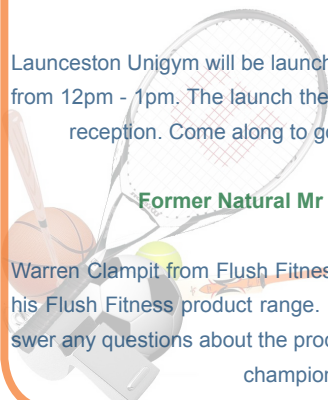
Over the summer break Unigym will be hosting a social tennis tournament for anyone who would like to be involved in some outdoor fun and fitness. This is a doubles tournament and staff, students, family and friends are invited to participate. Registration forms are available from the Unigym website or the Reception desk.

RPM Launch

Launceston Unigym will be launching the popular Les Mills RPM class on Thursday November 10th from 12pm - 1pm. The launch theme is Superheroes. Bookings are necessary and can be made at reception. Come along to go into the draw to win a Cycling Jersey valued at over \$100!

Former Natural Mr Universe, Olympia and Australia visiting Unigym

Warren Clampit from Flush Fitness will be visiting the Launceston Centre in November to promote his Flush Fitness product range. Warren will be offering free samples and will be available to answer any questions about the products on offer. This is a great chance to meet a world bodybuilding champion with years of experience in the industry.

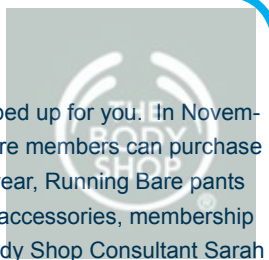


Hobart

With only 8 weeks to Christmas, the Hobart Centre has it all wrapped up for you! In November the Centre will be advertising a Christmas Shopping night where members can purchase stock at discounted prices for Christmas. Items include Zumbawear, Running Bare pants and tops, tennis racquets and accessories, squash racquets and accessories, membership gift vouchers and much more. The resident Zumba Queen and Body Shop Consultant Sarah Holden will be taking orders for any Body Shop products you may want. There are two catalogues already at Reception for members to place orders. Look out for our posters with more details.

Important! Quick note on gym etiquette

Please be considerate of other gym members when using the weights room. All weights should be returned to the racks where you found them and machines should not be left loaded. Why not make racking your weights part of your workout/cooldown?



Both Centres

Unigym will be distributing a survey to all clients to gain feedback on our centres, and to ensure we contribute to meet your needs in the ever changing fitness world.

Please have 'Your Say' and help us continue to improve what we do.

16-20 Mooreville Drive, Burnie
03 6430 4949
burnie@unigym.com.au

Opening hours
Mon-Fri 7am - 9pm



Grace Street, Sandy Bay
03 6226 2084
hobart@unigym.com.au

Opening hours
Mon-Fri 6.45am - 9.30pm
Sat 10.00am - 6.00pm
Sun 12noon - 6.00pm

Brooks Road, Newnham
03 6324 3092
launceston@unigym.com.au

Opening hours
Mon-Wed 7am - 9pm
Thurs-Fri 9am - 8pm
Sat-Sun 11am - 3pm

Members Social Night

Sandy Bay Yacht Club
Wednesday December 21st
6-8PM

Come and get to know your fellow gym members!
More next month on Unigym's Facebook page

DID YOU KNOW?

A pound of muscle burns about 9 calories a day. A pound of fat only burns 2.

QUOTE:

Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.
- Lee Haney

HAVE YOUR SAY...

Unigym is always striving to provide clients with the optimal fitness and wellbeing experience, so please let us know via email or a 'suggestion box' note if there is anything we can do to improve your visit to our facilities.

If you have any suggestions or queries about our newsletter please contact Marcus Grantham on 6324 3092, or at Marcus.Grantham@utas.edu.au.



www.unigym.com.au