

# You and your Health



## Club can help shed kilos

**PEOPLE** wanting to shed a few kilograms in the lead-up to summer can take advantage of The Club Port Kennedy's foundation membership drive.

The club offers state-of-the-art fitness facilities, the latest group fitness programs, including a 42-bike spin room, and one-on-one personal training sessions in a social and relaxed environment for both individuals and families.

It is family owned and operated and offers training and exercise programs across the full range of health and fitness needs.

Its helpful and professional staff members aim to provide a comfortable and sophisticated environment different from that of traditional gyms and health clubs to ensure its members have a fun-filled experience on every visit.

Regular exercise, healthy

**Regular exercise, healthy eating and proper relaxation are the keys to looking good and feeling great.**

eating and proper relaxation are the keys to looking good and feeling great.

Everyone has different health and fitness goals when they join a club and whatever the goal, The Club Port Kennedy can provide the support needed.

It is fully air-conditioned and has a comprehensive range of equipment from cardiovascular and resistance machines to free weights.

Whether it's morning or evening, take part in the extensive range of Les Mills classes scheduled to cater for the busiest of lifestyles.

Personal programs can be designed by the staff to meet individual needs.

The purpose-built sauna is the perfect place to unwind and refresh body and mind.

The Club Port Kennedy is at 397 Warnbro Sound Avenue, Port Kennedy, within the Port Kennedy Central Shopping Centre.

It is air-conditioned and has quality changing rooms with individual lockers with plenty of hanging space, mirrored areas with hair dryers and individual shower cubicles.

The Club Port Kennedy will open its doors on December 1. Those who sign up to become foundation members will pay no joining fee.

Call 9520 2722 to discuss membership options to suit individual needs or email [info@theclubfitness.com.au](mailto:info@theclubfitness.com.au)

## Learn to count portions

**CHRISTMAS** is a time to eat, drink and be merry, throwing caution to the wind and indulging — it's only when January 1 arrives that people wish they had consumed a little less cheer and a lot fewer calories.

Dietician Amanda Clark, author of *Portion Perfection: a Visual Weight Control Plan*, says she has a foolproof way of getting through the festive season 100 calories at a time.

"Everyone loves Christmas and the festive season and traditionally it is a time to socialise more, eat more and completely relax your normal routine," Ms Clark said.

"To keep your Christmas indulgences under control, it's a good idea to learn how to count calories by the hundreds so you know the calorie content of that handful of nuts or chips eaten at a party.

"The same goes for alcohol — familiarise yourself with what 100-calorie portions of alcohol or soft drink look like."

With hundreds of pictures, the book shows exactly the right amount to eat if you want to lose or maintain weight and includes everyday and occasional foods,

and spells out just how much to eat for various age groups.

To complement the book, which retails for \$34.95 from [www.greatideas.net.au](http://www.greatideas.net.au), there is a Portion Perfection plate and bowl to help people serve up the right amount.



The *Sound Telegraph* has one portion perfection pack to give away.

For a chance to win, write your name, address and contact phone number on the back of an envelope and post it to Sound Telegraph Portion Perfection Giveaway, PO Box 190, Rockingham City WA 6968.

Entries can also be delivered to our office at unit 2, corner of Dixon Road and Ennis Avenue, Rockingham during business hours.

The closing date is 5pm October 30.

Winners will be notified.



**That's right... join The Club today for ZERO dollars.**

Be a Foundation Member at Port Kennedy's state of the art facilities!

Join us now as a Foundation Member at Port Kennedy's new Health & Fitness Centre.

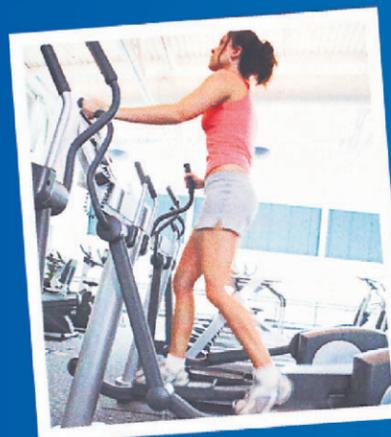
Advance you fitness today and enjoy your work-out in a fun and non-intimidating environment

**Membership Offer Limited**

*Hurry, offer closes Soon!*

**FOUNDATION MEMBER SPECIAL**

**SIGN UP NOW WITH NO JOINING FEE**



397 Warnbro Sound Avenue,  
Port Kennedy WA 6169  
Telephone: (08) 9520 2722  
Fax: (08) 9520 2723

**advance your fitness future**

[www.theclubfitness.com.au](http://www.theclubfitness.com.au)