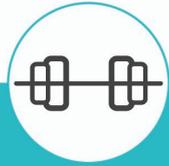


# Find Balance

eat healthy · move daily · breathe deeply



Fitness Australia

BUSINESS MEMBER 2019

Newsletter  
7th May 2020

## HAPPY MOTHER'S DAY



Wishing all the Mum's  
a very special day  
Sunday 10th May

## QUOTE of the WEEK

In loving memory of all the Mum's no longer with us...

**"Mothers never really die, they just keep the house in the sky, they polish the sun by day and light the stars that shine at night, keep the moonbeams silvery bright and in the heavenly home above they wait to welcome those they love"**



## HAPPY BIRTHDAY



Happy birthday to **Sharon**  
(Sun 10th May) and **Sue** (Wed 13th May).  
Enjoy your special day ladies.

## RECIPE of the WEEK

### Mango Chicken Slow Cook Curry

#### INGREDIENTS:

425g tin mango slices	600g chicken thighs
1 brown onion, sliced	1 tsp ground turmeric
2 carrots, peeled and sliced	2 tsp curry powder
2 cloves garlic, sliced	100g green beans, halved
400ml tin coconut milk	Lime juice, to serve
1 tsp chicken stock powder	Coriander, to serve
1 tbs oil	

#### METHOD

1. Drain mango slices and dice. Add to the slow cooker with onion, carrots and garlic. Add coconut milk with the chicken stock powder. Stir to combine.
2. Heat oil in a fry pan over medium heat. Cut thighs into 4cm pieces. Working in batches, brown well on all sides. Return all of the chicken to the pan and add turmeric and curry powder. Stir well for 1 minutes, then add chicken to the slow cooker, being sure to scrape in all the oil and spices from the frypan.
3. Cook on low for 4-6 hours until chicken is tender. Add beans during the last half hour. Just prior to serving, add lemon or lime juice to taste and coriander. Serve with steamed rice.

## RECIPE BOOK

I'm collecting recipes to create an eBook. The Recipe Book will serve as a memory of our time spent in isolation and emailed out as a gift to all who contributed.

So what's your favourite recipe? It can be a family recipe or one you found in a cookbook, magazine or online. In response to the cool change we're collecting hearty casserole or slow cooker recipes this week with more categories in coming weeks.

**I know there's some great cooks out there, can't wait to receive your entry.**



## WEEKLY PRIZE

Not sure if the lack of registrations for our Water Challenge was because we are already drinking enough water or perhaps it was a little too far out of our comfort zone. Change is hard, we understand and that's ok but someone who has embraced change is our most senior member **Janet Rhodes**.

At 81 years young Janet with the help of husband David has jumped online, attending three Zoom classes per week and navigating the new booking system. **Congratulations Janet, you have a prize coming your way.**

### Wall Squat Challenge

Let's work on our lower body strength. Leaning against a wall, align your hips, knees and ankles. Walk your feet out from the wall so when you side down the thighs are parallel to the floor and the knees are over the ankles creating a 90 degree angle. Switch the core muscles on, relax the shoulders and hold. Time your hold and record on the attached sheet. Aim to increase your time each day. Prize for the winner.



## NEXT WEEK'S WORKOUT

### COMBO XPRESS

Mon: 6am, 7am, 9am

Tue & Thu 4.30pm

Fri: 6am, 7am, 9am

### LOW IMPACT

Mon and Fri: 8.00am

Wed 3.15pm: Gentle Yogafit

### YOGAFIT

Tue: 6.00am

Wed: 4.30pm and 5.45pm

Thu: 9.00am



**Compo Xpress**  
**Core+Cardio+Glutes**



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