

NO LIMITS

APRIL 19'

MARIAMA
MCKERN

MEMBER OF
THE MONTH

AUTUMN
RECIPE

SADDLEBACK
MOUNTAIN



EASTER
WORKOUT

MEMBER REWARDS PROGRAM

from the Manager...

This year has already started with a bang! With our Saddleback Mtn run in February, bowling social event and the launch of our 28 Day Detox!

Renovations are scheduled for the group fitness floor at the end of the month and office refurb going ahead with a few surprises mid year.

Plenty of events to keep us busy as the months start to get colder, we are here to keep you motivated.

See the timetable for a few new additions.

Nikki xxx



On an overcast morning in Feb, 32 members and trainers walked, jogged and ran from Kiama High to Saddleback Mtn lookout.

We encouraged each other, had a laugh and sweated it out then picnicked at the end.

A fantastic effort from everyone that attended.





Autumn Recipe

Ingredients

- 500g grass fed beef mince
- 1 brown onion
- 3 cloves garlic crushed
- 2 celery sticks grated
- 1 carrot grated
- 400g tin tomatoes
- 2 tsp chilli powder
- 1 tsp paprika
- 2 cups cooked brown rice
- 3 large capsicums
- Parmesan cheese
- salt n pepper to taste

Prep: 15mins Cook: 45 mins

Method

Step 1 In a rice cooker cook rice.

Step 2 Pre-heat oven to 180 degrees.

Step 3 In a frying pan brown onions & garlic, add mince & fry until cooked through.

Step 4 Stir in celery, carrot, tomatoes, chilli, paprika & salt n pepper.

Step 5 Cook on medium heat then reduce to simmer for 10 mins.

Step 6 Meanwhile cut capsicum in half length ways and decor, stem, membrane and seeds, place on a baking tray.

Step 7 Add cooked rice to the frying pan & stir through.

Step 8 Scoop meat mixture into the capsicum shells and sprinkle with grated Parmesan.

Step 9 Bake in oven until capsicums are tender approx. 25 - 30mins scatter with remaining walnuts to serve.



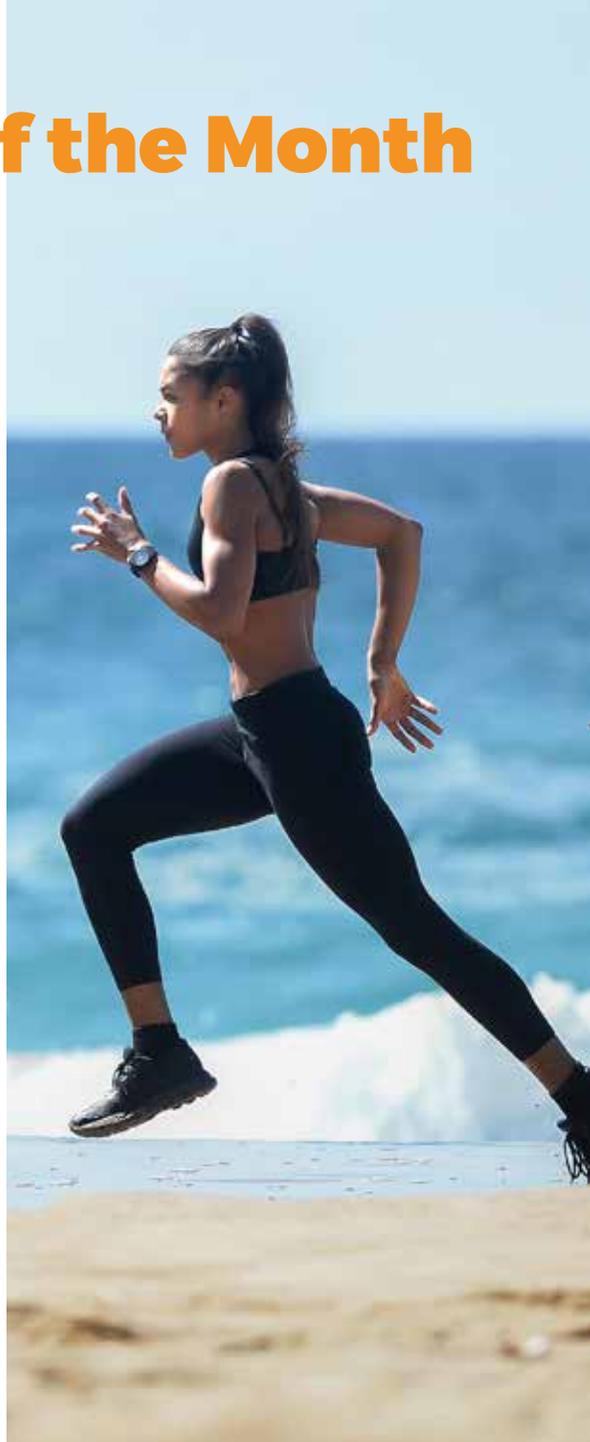
Member of the Month

Mariama
McKern

Tell us a bit about yourself

I'm almost 18 and have just completed year 12 at Kiama high. This year I started my "Bachelor of Exercise Science and Rehabilitation" degree at Wollongong Uni and will come out as a fully qualified exercise physiologist. My mum, older brother and I moved down to Kiama just over 2 years ago which had been one of the best changes in my life!

I absolutely love being so close to the ocean and being apart of such a welcoming community. Health and fitness have always been the central aspect of my life, whenever I have spare time I enjoy creating healthy treats and cooking as well as spending time at the beach.





Member of the Month: Mariama McKern

What keeps you motivated to train?

Honestly its the feeling I get afterwards. I always feel so much happier, more accomplished and less stressed once I train, whether that it be at the gym or something at home. It also interests me to see what the human body can do and the changes it undertakes from different styles of training. Not only do the size and shape of the muscles change but everyday activities just become so much easier as the body gets fitter and more accustomed to different movements.

Why do you love training at One Fitness 24/7?

Mostly because of the people, both trainers and other members, as they create such a welcoming,

supportive environment. Ive made some really good friendships through One Fitness which is great as it's with people who have similar interests as me in regards to health and fitness and they are all so encouraging and interested in any changes within my life.

Also, I absolutely love the variety of classes provided, when I'm low in energy and feeling a bit tight there's the 1 hour relaxing yoga classes or if I need a good cardio session there's always 6am spin!! Not only are the different classes great but they also push me out of my comfort zone by providing different exercises, rep numbers and set styles that I usually wouldn't do by myself which ensure I keep variety in my training and dont get sick of doing the same things.



How to work off the eggs - Workout

**Set 1. body weight squats x 20
burpees x 20**

body weight lunge jumps x 20

**Set 2. barbell squat x 15
squat jumps x 15
barbell alt lunges x 30**

Tabata sprints: 30 sec on 10 sec off x 6

Rpt set 2.

**Set 3. hand release push ups x 15
kettle bell swings x 15
man makers x 15**

Tabata sprints: 30 sec on 10 sec off x 6

Rpt set 3.

Trainer spotlight

Maddi Costanzo



What's your story and passion?

I grew up playing football (soccer) from the age of 5. I have travelled multiple times overseas to play, as well as playing at State and National titles for many years. I still currently play in the NPL1 for 1st Sydney Olympic FC and have played in a 1st grade side since that age of 16 (I am 24 this year).

Football and fitness are my passion and they go hand in hand. I love being able to help as a PT in the gym and as a coach/player on the football field.





How did you get into the Fitness Industry?

I knew when I was in school i wanted to work in the fitness industry. I left at 17 and studied my Personal Training certifications. Since I left I have been coaching kids in football and rugby for work along with studying a Diploma in sports development of football, ASCA strength and conditioning level 1, sports trainer, a short course in nutrition and my coaching licenses. Then I walked into One Fitness 2 years ago and haven't looked back.

What do you enjoy most about being a trainer?

My job is limitless and that's what I love. I'm able to do much more than just help people get fit. Every client is different so it never gets boring, you can always set new goals to achieve plus I can help clients/members with so many aspects of life. Fitness, nutrition, mindset and just be a positive impact towards helping them believe in themselves to do more. I get to watch people grow and watch them believe anything is possible and to me that is freaking AWESOME!

What's next?

I can't even pick one thing to be next. There is so many things to come next. I love I have age on my side, I have so much on the list to do but in terms of work I would love to gain more clients and reach out to help as many people as possible plus exciting news is I am working on writing my first fitness program at the moment to help guide people in the gym.

Also keep going with football coaching continuing to help grow football on the south coast in my own way. I already run my own side business as a football coach/mentor so growing in terms of running more clinics and small group sessions.

Lastly to continue playing football. I am currently dealing with my second ACL rupture in my knee so focused on getting ready for surgery then coming back for a 2nd time stronger and hungry for another football trophy to put on the shelf.



Member Rewards Program

1 x member = FREE body scan

2 x members = FREE PT session

3 x members = FREE month membership

T&C's apply email: info@onefitness247.com for more info

1 FREE Body Composition Scan

THIS IS PRESENTED TO

THE MEMBER

For 1 x referral this year. We greatly appreciate you, from all the staff at



by unity

NIKKI WILDER
MANAGER

VALID UNTIL:
3/12/2019





28 DAY DETOX



\$29

Questionnaire
Food guide
2 x body scans

\$79

Questionnaire
Food guide
2 x body scans
Love Being email
and support
pack

\$169

Questionnaire
Food guide
2 x body scans
Love Being email
and support pack
Closed FB page +
Weekly
accountability

