

## FITNESS CENTRE AND SHOP

The new Fitness Centre and Shop sub-committee has had a number of meetings with Robert, Kings as well as Adam and Susan as we plan how the current two facilities can be improved further to the benefit of all members.

It was inspiring listening to Adam talking about how he saw the Fitness Centre as "change of lifestyle venue" for members and that the Fitness Centre should be "a temple" for this purpose.. The sub-committee certainly supports these sentiments. How can we achieve it will be the challenge for all

Of course, we have to work within some limitations; in particular, space restrictions. Nonetheless, we are confident that some improvements can be made whilst we look for longer term solutions. Given the current space problems, however, it is an appropriate time to mention that safety must be our primary concern. This is the first responsibility of Fitness Centre staff who are all trained in this area including the giving of first aid and use of the defibrillator in the case of a member suffering a heart attack. Imagine then our surprise when a member was queried after leaving a towel on one of the bike seats and the ear cloths on the earphones. When requested to tidy up, the member responded that she thought it was the Fitness Centre staffs' job to do this. Fortunately, when she was told this was not the case, the member apologised and promised to clean up herself in future.

It is important that members see the Fitness Centre as a members' facility and work together with other members to make it



a pleasant experience. Cleaning up, wiping sweat off the machines and benches and putting back the weights should all be done by the individual members. This is no different from what is expected in all other Fitness Centres around town. We don't want to see the Centre covered in prescriptive DOs and DON'T's. Regular fitness training involves discipline which should extend to personal behaviour whilst in the Centre.

### A couple of tips:

- If you find a particular cardio machine occupied, consider using a different machine. We would advise that members don't use the same machine every time to prevent repetitive strain injury. Try other machines and mix up your training. It can be more fun and prevent injury and boredom.
- Don't hog the weights or cable stations. Allow people to 'work in' between your sets. It might mean a little readjusting of weights each time but, on the other hand, you might make a new friend with whom you can share fitness tips.

All members probably know which Centre staff are available for personal coaching lessons but don't be afraid to ask whoever is on duty for advice regarding use of a particular machine or weight. Additionally don't be annoyed if a member of staff advises you that you are doing an exercise incorrectly. He will be doing it either to help

you get more benefit from it or to stop you injuring yourself!

In future columns we will give members advice on diet and exercises to help you reach your goals. You all do have goals – we hope! More in our next column.

We are sure that everyone is happy to see Alan Castro back in the Shop after his period of illness. Alan is still recovering so is on light duty but we are sure everyone wishes him a full and speedy recovery. Amy is currently on well-earned leave in Australia so for the past couple of months the Shop has been understaffed. The sub-committee wishes to thank all Shop staff for their hard work during a difficult period and also thank all the other staff who have helped out in the Shop.

We now have 350 members of the Library Club and Malcolm Hammersley continues to work hard finding a variety of new DVDs for members to enjoy. Thank you, Malcolm. It is only HK\$80 a month to join the Library Club so please consider it. Each member can borrow up to two DVDs for a maximum of three nights. Please remember, however, that a fine of HK\$20 is charged per DVD for each night they are overdue.

In future columns we will advise members of 'What's new' in the Shop so look out for this.

The sub-committee, management and staff believe in working together as a team to the benefit of the Club and its members. We also need your help and co-operation. Until next month, get fit and use the Shop!

### The Team

## New Arrivals

Rakhee and Dhiraj Kundamal were blessed with a baby boy on 19 December 2009. Big sister Rhea and big brother Neel are really excited to have a new member in "Team Kundamal."



Team Kundamal

The Hira family with their new baby son Akash born on 21 November 2009

