

# Titan NEWS

Welcome to the June newsletter. Winter is the hardest time to stay motivated but we are here to help you! Our staff are ready and waiting to answer any questions you may have about your training, nutrition, or just to have a chat!

This month is big. Not only does June mark the (official) beginning of Winter, but we are blessed with a Public Holiday for the Queen's Birthday on Monday the 13th June...yee hah! This month also sets the starting point for some hard core training for the upcoming *City2Surf* in August.

In case you've been hibernating in a cave for the past 40 years, Sydney's City2Surf is the world's largest 'fun' run and consists of a gruelling 14km course from Hyde Park in Sydney's CBD to the iconic Bondi Beach. To help you prepare for the event, you are invited to join in our FREE running group on Saturday mornings at 7:15am. You are also invited to register in the City2Surf as a Titan Fitness runner or walker...whatever gets you through the distance! Simply log onto [www.city2surf.com.au](http://www.city2surf.com.au) and follow the links to enter.

**Team name: TITAN FITNESS**  
**Password: Titan1**

You'll be surprised how being part of a team gives you constant motivation and encouragement to push yourself to new levels. Come on, give it a go! **STARTING SATURDAY 11<sup>TH</sup> JUNE AT 7:15AM.** Ask at reception for more information.

*Member in the*

## SPOTLIGHT

CLAY  
ALLISON



**Occupation:** Full time Firefighter, Part time Helicopter Rescue Crewman.

**What lead you into doing what you do?** Like many kids I always wanted to be a firefighter, I just followed through with it.

**What part of the world have you seen that you wouldn't have thought you would have visited?**

Not as a Firefighter but a rescue specialist for the adventure race called "Eco Challenge", we went to countries including Morocco where we found ourselves hiking and camping along the top of the Atlas Mountains. We also drove through the desert only to end up bouncing around in a Moroccan navy inflatable boat off the coast of Africa looking for sinking kayaks.

**Who inspires you?** Any old guys who are super fit, you know, like Adam King (Titan staff).

**Favourite food/treat:** Sushi. **Favourite movie:** Big Wednesday. **Favourite exercise:** They all hurt too much to be favored.

**What equipment best describes you?** The previous gym had a few broken machines - any one of them would describe me!

**What super power would you want to have?** Ultimate fitness and strength without having to go to the gym and without eating spinach.

**How do you juggle family, work and training?** Setting priorities and having a routine as regular as possible. Most importantly I try to relax when the opportunity prevails and not get too stressed when I miss a workout.

**What are your goals and how do you plan on achieving these?** To last six months without an injury. The only way to go about this is to not get out of bed! **What would you spend your last \$10 on?** \$2 lottery tickets, 5 of them. **Favorite quote:** Matt Johnson, Big Wednesday once said, *"And I even passed out in your closet, but I never, and I don't know who could have if I didn't, but I never, and I repeat never, ever p@%&\*d in your steam iron"*. Well it was funny when I was 16!

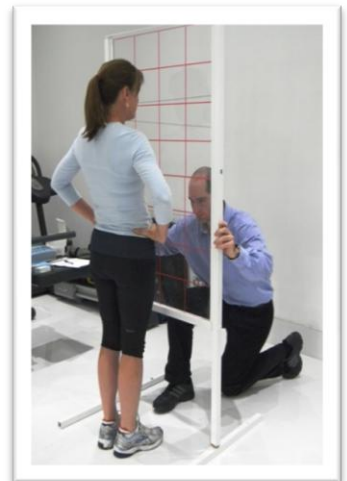


## Family Fun Day Wrap Up

A giant **THANK YOU** to everybody who supported our free Family Fun Day on Saturday May 28<sup>th</sup>.



We raised **\$330** for the **Go Red for Women** campaign - an initiative designed to educate and raise awareness on the number one killer of Australian women...heart disease.



## JACOBS LADDER CHALLENGE REVIEW

Thank you to all the members who tested their fitness by participating in the Jacobs Ladder Challenge in May. Congratulations to **Blake Berg** for his 30min climb with a whopping distance of **3475 feet!!** You're rewarded with a Titan Fitness goodie Bag and free Personal Training Session. An extra special mention must also go to **Nook, Mel, Tanja** and **Jo** who persisted ... and persisted ... and persisted! Keep up the excellent work and constant personal challenges; you've definitely earned your chocolate credits!

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

(02) 9665 4058

[admin@titanfitnesscoogee.com.au](mailto:admin@titanfitnesscoogee.com.au)



# Nutrition Tip

Brought to you by Shane Suisted

Why we should have Lean Protein with  
**EVERY** meal



Lean Protein helps build lean muscle which in turn leads to a **faster metabolism**. Lean proteins also help you feel satisfied for longer which can help with **calorie control** and **overeating**. Try adding lean protein to your snacks, or switch fruit for boiled egg or a protein shake and see the benefits for yourself!

## PERSONAL TRAINER FOCUS



Shane  
Suisted

### Qualifications:

- ✓ Cert III & IV in Fitness
- ✓ Punchfit Trainer

### Professional services for all ages include:

- ✓ Fat loss, Strength and Muscle building
- ✓ Functional Training
- ✓ Cardiovascular conditioning
- ✓ TRX training
- ✓ Sport specific training
- ✓ Flexibility
- ✓ Boxing
- ✓ Injury rehabilitation
- ✓ Postural Assessments

This month Shane is offering:

**\$20 Body Fat &  
Strength Testing**

Call **0405 586 957**

**& book your session today!**

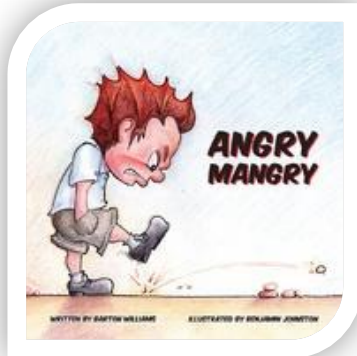
## Sports Model Challenge Review

Congratulations  
to staff  
member Sally  
Matterson for  
placing second  
in the INBA  
Sports Model  
Tall category at  
the recent  
INBA Sydney  
championships.  
Get ready for  
the nationals!



## WHATS HAPPENING IN THE CLUB

### Angry Mangry



We have some talented members here at Titan! **Barton Williams**, an accomplished teacher, writer, TV producer and actor has just released the first book of the Skool Rox series, Angry Mangry. Suitable for children aged 4 and 8, Angry Mangry is guaranteed to teach you a thing or two about 'Chilling to the Max'. Books are available online at <http://shop.littlesteps.com.au> or from Coogee Newsagency (next to Maloney's).



## HEALTH FOOD & SUPPLEMENT STORE

Dev, a Titan Coogee member and owner of **BodyLine Supplements** has opened his store right here in the club!

Dev believes that the core element of any supplement program should be a good quality protein powder. Whether you're looking for fat loss or muscle gain, a protein

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

supplement program in combination with a healthy food plan can ensure you get the additional protein and nutrients that you need. But with so many different protein powders on the market these days, which one should you choose?! Ask Dev and he'll find the right one for you!

The store will be stacked with a vast range of nutritional, sports, bodybuilding and health food supplements and because you're a Titan member, you'll receive exclusive Titan prices!

### Football players of ALL codes have chosen Titan Coogee

If you've seen some larger-than-average men training in the gym lately, don't be alarmed! The past few weeks we've been fortunate enough to have the NSW State of Origin squad, the Johannesburg Lions and the Cape Town Stormers use our club as their



training base while in Sydney. The origin squad have made Titan Fitness Coogee their official training facility

and we're happy to have them! For photos and information, check out the Titan Fitness FaceBook page or visit our website at [www.titanfitness.com.au](http://www.titanfitness.com.au) and click on the gallery link.



(02) 9665 4058

[admin@titanfitnesscoogee.com.au](mailto:admin@titanfitnesscoogee.com.au)

## WHAT'S HAPPENING IN COOGEE

### Coogee Basketball



Easts Basketball League is starting from June 12th and they are recruiting players of all ages and levels. The courts are located in Waverley, just off Bondi Road and two minutes from Bondi Junction and Bondi Beach.

You can either submit a team or just enter yourself and they can organise a team for you to play in. Check out their website for all the details and to register your interest:  
<http://eastsbl.com.au/>

#### Are you a fan of TITAN FITNESS?



Become a fan! "Like" our FaceBook page today and keep updated on the latest:

- Training tips
- Nutrition advice
- Special Promotions
- Group Exercise updates
- Photo's
- Social Events

## Nutrition News

### Pumpkin Soup

Brought to you by Amanda



Serves 4

#### Ingredients:

- 2 tbs olive oil
- 1 onion, finely chopped
- 1 leek, white part only, finely sliced
- 1 garlic clove, crushed
- 1/2 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp freshly grated nutmeg
- 1kg peeled pumpkin, diced
- 1 large potato, peeled, diced
- 1L chicken or vegetable stock
- 1/2 cup (125ml) thin cream

#### Directions:

1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds.
2. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.
3. Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.

## Member Section

### Share the Titan Fitness LOVE!

Did you know that if you refer your friends, family and workmates to the best club in the Eastern Suburbs (and they join), you'll receive some great freebies!

Refer ONE friend and you'll receive a Titan Fitness T-Shirt, TWO friends and you'll score a Titan goodie bag with towel, hat and drink bottle. If you're lucky enough to have three friends who want to join we'll give you a FREE Personal Training session with one of our expert personal trainers!

What's more is that you aren't the only one who benefits from sharing the Titan Fitness love. Your friend will also score by saving on their Joining Fee AND this month, for every member you refer you'll both receive an entry into the draw to win a Bodyline Supplement Prize Pack **valued at \$175.**



The best part about referring a mate is that you'll also get a training partner – it's really a win-win situation!

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

(02) 9665 4058

[admin@titanfitnesscoogee.com.au](mailto:admin@titanfitnesscoogee.com.au)

## Join in JUNE & WIN!

To celebrate the opening of Bodyline Supplements we are giving you the chance to WIN a Bodyline Supplement Prize Pack **valued at \$175.**

To enter, all you have to do is refer a friend to Titan Coogee and you both receive an entry...it's that simple! The more people you refer, the more friends you will have to train with AND the more chances you have to win. Couldn't be easier!

To thank you for being a valuable part of our Titan family, we want to reward you with some great savings! All you have to do to receive the discount is flash your Titan Key Tag!

Serving delicious breakfasts and lunches, it's no wonder why *globe café* is always populated by locals and visitors alike. With brunches to brag about and drinks to die for, Globe Café on Coogee Bay Road is open 7 days a week. Did you know that Tuesdays at Globe are **TITAN TUESDAYS**? Simply show your key tag to the lovely staff there and you'll pay just \$8 for a sandwich and \$10 for a salad.



**Location:**

203 Coogee Bay Rd  
Coogee  
(02) 9665 9495