



SWEATBEAT

Te Puke Health and Fitness Newsletter

OPENING HOURS:

Mon – Fri 6:00am – 8:30pm
Sat – Sun 8:00am – 1:00pm

Closed public holidays unless specified

- **Congratulations** – Congratulations to all of our 12 Week Body Challenge participants who completed their challenge. We had a fantastic prize giving evening at Vesey's restaurant on Saturday with a lot of fun had by all. Congratulations to our main winners of the evening; Megan Hamblyn (Most Weight Lost); John Mills (Most % of Body Fat Lost) and Louise Thompson (Most Centimetres Lost). Raewyn vanderNagel took out the main spot prize of the evening of a weeks holiday for 2 at the Gold Coast, Australia.
- **Upgrading of Toilets** – We thank you for your continued patience as the upgrading continues now on the ladies toilets. But as you men must agree, the wait is worth it!!
- **Towels** – It has been great to see that most members have been bringing in their towel, but please remember, to use it as well (*not just leave it on the ground or shelves!!*)
- **DID YOU KNOW**
- A Saudi Arabian woman can get a divorce if her husband doesn't give her coffee.
- Your tongue is the only muscle in your body that is attached at only one end.
- There are 206 bones in the human body. A quarter of them are in your feet.
- The filming of the movie 'Titanic' cost more than the Titanic itself!
- The name Wendy was made up for the book Peter Pan.
- The normal static electricity shock that zaps your finger when you touch a doorknob is usually between 10,000 and 30,000 volts!
- The word 'News' is actually an acronym standing for the 4 cardinal compass points - North, East, West, and South!
- The average four year-old child asks over four hundred questions a day (*but I think we all knew that one!!!*)

