

STARplex General Manager How much sitting do you do?



I often sit and watch TV in the evenings just to unwind and relax.

Unfortunately this usually follows a day of sitting at work in the office. If I also consider

that sitting is required when driving the car, eating meals and most social get-togethers with friends and family then a large part of everyday involves sitting.

How does this affect my posture? Paul Pearce my Personal Trainer at STARplex has confirmed that I do not have good posture. The way I carry myself indicates that I sit too much and as a result my back and shoulders have rounded and I no longer hold my head upright. This creates pain in my upper

back which is relieved only when I lie flat on my back on a firm surface for five minutes.

My family often find me stretched out on the family room floor! If the vast majority of people are sitting for much of the day are we all losing posture? Is back pain a common ailment? What, as a race of people who sit more than we move, will we evolve into?

I was always taught that good posture expresses health and vitality and that the way we carry ourselves reveals confidence and sense of purpose. I think most of us still believe this to be true. I admire the athletic physique of the Australian Open tennis players, the cricketers and swimmers.

I understand the effort they put into their competition and training regimes, very little of which involves sitting for long periods of time. So I need to change my tendency to sit. I need to look for opportunities to move, become more active and find exercises to improve my poor posture.

The Advertiser published an article on the 13th January this year highlighting research by Professor David Dunstan, from Baker IDI Heart and Diabetes Institute in Melbourne revealing a link between watching TV and mortality.

Tracking viewing habits of 8800 adults the study found that every hour spent in front of the TV increased the risk of dying from cardio vascular disease by 18 percent, from cancer by 9 percent and from other causes by 11 percent.

There is little doubt in my mind that if I wish to be healthy and happy I have to get off my backside and get active. This of course brings with it a certain measure of self discipline to take action and to keep with it.

Thank goodness for supportive family, colleagues and friends who encourage me when my motivation drops and keeping active gets hard and I want to stop even in the face of all the evidence that tells me it's good for me.

Yours in good health

Dale Martin



STARTing off the New Year on the right note.

Take some time; maybe even a day for yourself! Do something you enjoy, with little interruption.

You may ask, what does this have to do with nutrition – well everything, it's about behaviour modification – (which helps you do what you know you would be better doing).

When one is content, there is more to give of ourselves. Often this is done in reverse and our goals get left out, eventually the reserves are empty. Choose good health - make your health a priority from today - If you don't make time for your health & wellness now, will you have time to be unwell later? Small changes add up over the years, so start to make them today.

I have made changes of my own over the past years and it is with some sadness that I have come to a decision to resign from my position here at STARplex, mostly due to family commitments/travel from Adelaide and school etc (needing to spend more time

with my children and work nearer to them).

On that note, I would like to say farewell and I wish you all the very best in health and happiness for your future. It has been a pleasure to work with all of you as we experience life's journey. So au revoir for now.

Sherry Lindsey

A New Face to STARnutrition



STARplex is saddened to see Sherry Lindsey leave and will miss her great work and dedication to STARnutrition.

I am now taking on the role of running STARnutrition and am very confident that it will remain a valuable resource for those who require nutritional change or motivation to achieve their desired goals. As an Accredited Practising

Dietitian the focus of STARnutrition will change slightly with more focus on individual prescription. Every individual that enrolls in STARnutrition will have a different dietary plan and this will be tailored around their needs, lifestyle and goals. Having training in both lifestyle and medical nutrition therapy allows me to offer proven dietary plans to help cater for STARplex's diverse population.

If you have tried dieting in the past and not enjoyed the experience, feel confident that there are easier ways to modify our intake while maintaining a 'normal diet'. Practical strategies will be provided to help you meet your goals and more importantly maintain results into the future.

STARnutrition clients are now able to receive significant rebates from the majority of private health funds making it more affordable than ever before. I welcome anyone who is willing to make change for the better, or after a plan to help manage a specific health condition to contact me and get started today.

Heath Commane
Contact STARplex Reception on
(08) 8522 0685 for more information

STARplex Swim Centre is Looking Good!



I can remember walking into STARplex for the first time nearly 10 years ago for our staff induction day. We were toured around the entire complex and everything smelled and looked fresh and new. It was exciting to think of what the years ahead would bring at STARplex.

The Swim Centre was the place I wanted to be and I couldn't wait to get my first look at it. When we finally got to that area the workmen were busily tiling away in the pools. I thought to myself what a job! Will they get it finished in time? There was so much work still to do. When I walked back into STARplex

on our first day of opening a few weeks later it was just awesome to see this brand new pool all finished and sparkling away. Everything was new and we felt spoilt to be working in a brand new centre.

How awesome it was once again to have that feeling when I walked back into STARplex to see our pool floor covered in new tiles. Having spent four weeks over Christmas and New Year with the 'tradies' watching them transform our old pool floor into lovely new tiles, I now have a great appreciation for the work they do!

It looks clean, fresh and bright and I think the pool area looks so much bigger. There was a time towards the end of the four weeks when I thought I may have to put on overalls and start to grout, but the boys from Adelaide Ceramics all put in a great effort and got the job done (Mel and I did actually assist in lifting the drains up 10ml - that's tradie talk). The boys (that is not being sexist, they were all in fact men) had to work in 42 degree heat to get the job done and they did it well. Special thanks to fellow Swim Centre

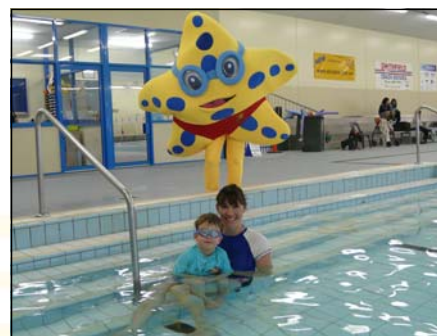
Manager Melanie Boston for her words of encouragement to the site supervisor when he thought it may take an extra two weeks! He got the picture and we felt spoilt to be working in a brand new centre.

To all of our lovely clients who have given such positive feedback we say thanks. Thank you for all your patience over the closure, especially the extra week it took. It was a huge job and I am grateful to all of you for your understanding. We know that many of you rely on being able to get in the water for your general health and well being and believe us no time is good time to close down.

If you haven't yet visited STARplex Swim Centre, come down and have a look. We also have new change rooms and our existing change rooms are currently undergoing a greatly needed make over. The management and staff at STARplex Swim Centre are really looking forward to the completion of all renovations so then we can think of something new to renovate and boy do we have ideas! So what will the next 10 years bring? We can only wonder.

Kelly Lange

New Summer Holiday Programs at STARplex Swim Centre are a breath of fresh air Sammy's Survivor Week and Sammy's Technique Clinic



Thank you to the STARplex Pool Staff for a great time at Sammy's Survival Week during the summer school holidays.

I love the holiday program because it's

an activity that the kids can do when so many organised sporting activities get postponed during school breaks for under 10s. My 7 year old has been participating in the school holiday program at STARplex over the past 18 months (which he thoroughly enjoys) but the idea of reinforcing water safety and survival techniques during the summer holidays was too good an opportunity to miss.

He now has good introduction to survival strokes and safety jumps which he can build on and has an understanding on how to signal for help if that should ever occur. Better yet, the Survival Week catered for the preschoolers as well (which some courses don't do), so my 3 year old was given his first swimming lesson as well.

Not coming from a strong swimming family, my 3 year old was not very

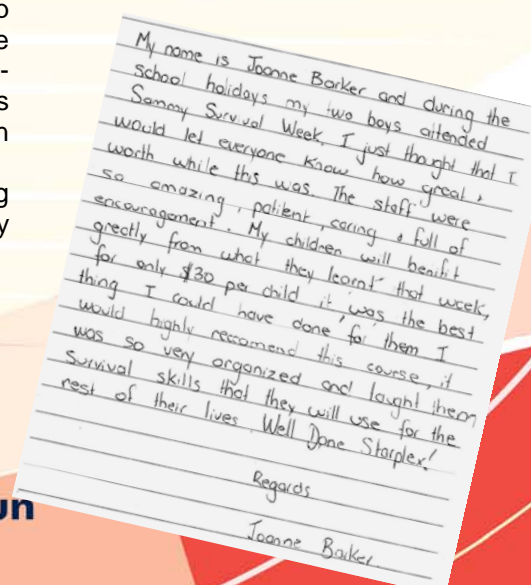
confident in the water at all (neither was his brother before enrolling at STARplex), so the staff had their work cut out for them. By the end of the week he was survival paddling independently with a noodle in the big pool. Both boys thoroughly enjoyed themselves and we'll be back for another go at Sammy's Survival Week the next time it's offered.

Congratulations on a great job and we look forward to seeing you soon.

Kelly Lange (article from Jodie Kurtz)



... seriously healthy fun





STARs in My Eyes

I have been somewhat surprised but pleased to see over the last months how many people are reading in the gym. Yes reading!

Recently on the treadmill a young lady next to me carefully read a complete CLEO magazine from cover to cover.

Another lady a bit further down was engrossed in a novel she had perched on the console and I'm sure the time she spent walking went very quickly.

I was not surprised then to be lifting weights next to my friend Jarrod who was resting between sets with a fantasy

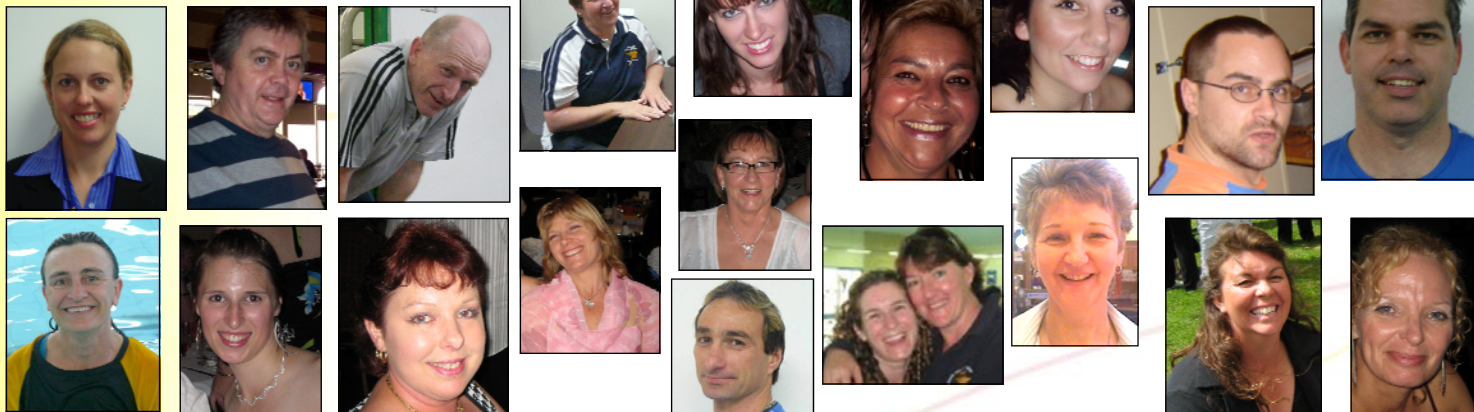
novel. Jarrod explained he always reads two pages between lifts.

CS Lewis the creator of the Narnia Chronicles (The Lion the Witch and the Wardrobe) held throughout his life a belief in reading for mental health and well being. He was convinced that reading was an antidote to depressive illness and stress. If only people would take time everyday to read they would be much healthier.

Don't be surprised then the next time you are in the gym to see me with a book of poetry along with my towel and water bottle. I'm going to get a new craze of reading going. Please join me.

Jeff Guess

2009 STARplex Staff Awards



In 2009 STARplex Management introduced a staff reward and recognition initiative. The main purpose of this initiative was to recognise STARplex staff and acknowledge the excellent service which they provide to customers.

To assist management in this process, STARplex customers were surveyed requesting that they nominate a staff member for an award and in 25 words or less state why in their opinion, the nominee deserves to be recognised.

Information was gathered for each STARplex Department, with the response and comments received, highlighting the professionalism of STARplex staff and their commitment to excellence and good service.

At the 2009 STARplex Staff Christmas Show held at Uleybury Winery, STARplex management recognised the following STARplex employees for their contribution in delivering excellent service.

Silke Blasche, STARplex Crèche Staff

Member of the Year

Gareth Pennington STARplex Courts Customer Service Award of the Year

Judy Wittwer STARplex Courts Staff Member of the Year

Fernando Mammone STARplex Fitness Centre, Customer Service Award of the Year

Phil Duncan STARplex Fitness Centre People's Choice Award

Janet Howarth and Sherie Barker STARplex Swim Centre Adults Instructor of the Year, Deidre Wade STARplex Swim Centre Water Fitness Instructor of the Year, Jordon Archer STARplex Swim Centre Supervisor of the Year, Katherine Cox STARplex Swim Centre School Age Instructor of the Year, Angela Zilm STARplex Swim Centre Lifeguard of the Year, Sally Barnett STARplex Swim Centre Waterbabies Instructor of the Year, Jana Pridham STARplex Swim Centre Preschool Instructor of the Year,

Stacey Colledge STARplex Dawn Mettyear

Promotions Staff Member of the Year,

Nivven Barlow Hewitson Theatre STARplex Staff Member of the Year,

Kerry Goode STARplex Administration Appreciation Award,

Peter Warland STARplex Administration Support Award),

Mae Jelinek STARplex STARstore Sales Associate of the Year

Kayla Dimuccio STARplex Receptionist of the Year

Department of the Year went to the STARplex Swim Centre and was received by (Kelly Lange and Mel Boston).

The STARplex Management Team would like to congratulate the above STARplex employees for their outstanding commitment to service and also our valued customers for making it possible for us to recognise and show our appreciation to our staff.

Sammy STARfish is born

(cont. from page 1).

The Royal Life Saving Society of Australia has released a recent media report regarding recent drownings over the summer break, quite simply put, the findings are horrific. A total of 41 people drowned from Christmas Eve 2009 until January 12th 2010. Of these 41 people

29 were aged 18+years, 7 were aged 5years – 17years and 5 were aged 0 – 5 yrs. This is a 71% increase on the previous year of 24 people.

It is timely to be able to have Sammy help deliver the water safety message in a fun and exciting way to both children and parents in schools, play groups, kindergartens and of course our

swim school. Ideas are endless, we will be writing ditties, plays, musicals and stage shows fit for a Broadway performance.

Sammy will be introduced to STARplex in the very near future so keep an eye out for him and be sure to say hello.

Kelly Lange

The Road Less Travelled



I have a fitness goal. I share this with few but remind myself of it daily.

This is what anyone must do if they are to succeed.

Goals are

achieved by few. If it were easy then everyone would be successful and look a certain way. Yet, as a society, we have higher levels of obesity and less active than the previous generations, resulting in a health system that is struggling to meet demands of the community.

Excuses make us feel better..."I don't have the time to exercise" or "I can't afford it". Unfortunately, many people place little importance on the value of their health. Too many people look for the easy road or 'quick fixes' that

promote dramatic results with minimum effort.

The facts are these: middle aged Australians, as a general rule, are overweight and have a fitness age far greater than their chronological age.

How fragile have we become as a society? Sadly, although we know that regular, consistent exercise on a daily basis yields the best results, we steer away from it for the very reason that it can be a long, hard road.

In my early forties, I still make it a priority to exercise daily. When I say priority I mean as important as brushing my teeth! This has not only sustained my health but made me fitter than most from my generation.

I revel in the fact that, even at my age, I can sustain a high level of physical activity where most would, at best, offer excuses and sit idle as onlookers whilst I participate in sports with my sons.

I still use weights and cardio as the basis for my exercise however, I have

now found greater variety in my exercise plan, incorporating Yoga to gain more flexibility and increasing the health of my spine as I get older. Interestingly, Yoga devotees believe this truly reflects someone's age.

I am motivated these days more by what I don't want to become than what I want to look like. The vision of my walking using the aid of a walking frame gets me out of bed early every morning. Body Balance classes have provided me with a calmness, away from the stress of day-to-day living.

The hard road might be a long one; however I would prefer longevity and a measure of discipline any day over inactivity, poor health, chronic disease or even worse, morbidity!

Paul Pearce
STARplex Fitness Centre Manager

"I am motivated these days more by what I don't want to become than what I want to look like."



The STARstore is the place to shop!

I am a mum of 3 children but a first time mum to Trinity. I am surprised how everything is so different to the public school system. When it came to the uniform and uniform policy at Trinity I had no idea where to begin and I was feeling overwhelmed!

Sue at the STARstore reassured me she would sort everything out. She helped with choices, styles and what was the in-thing for a 13 year old girl (who was already worried about fitting in at a new school)

Sue was amazing, she guided me through every step of the way for the full year's uniform, even down to hair ties and iron on name labels.

I am now less stressed and so very appreciative of the service I received from the STARstore. I am a satisfied mum with a happy teenager who is now wearing all the correct Trinity College uniform.

Thanks to the STARstore — you made my day.

Maryann Shubin



... seriously healthy fun

The highest reward is not what you get for your work, but what you become by doing it

2008: I thought things couldn't get worse, uni was patronising and I lost money in the GFC. This all seemed petty when in March I heard the doctor tell mum she had breast cancer. Life became tough. I was helping look after mum, while recovering from the GFC and persevering with uni.

In July 2008 my relationship with my girlfriend ended under stressful circumstances and all in all I wasn't much fun to be around. I always worked hard, paid my dues waiting for the rewards. After all this, waiting was no longer enough. I had become complacent but these events had awoken something. I decided to finally compete in 15 months time in the Mr SA and I changed from waiting to hunting for success.

This mindset became infectious. It attracted people to see a competitor and it spread to other areas of my life. I hunted for what I wanted professionally and personally. Early 2009 mum was cancer free. I graduated with a job and have an

amazing girlfriend.

Two months out my mother was diagnosed with incurable liver cancer. Tough is a word thrown around, but the truly tough are too busy fighting to define themselves as such. My mum had fought Crohns disease for decades, then breast cancer and now this. Yet she never complained nor asked for pity. She was too busy fighting for what mattered. My mum was my biggest fan, seeing more bicep flexes than most.

Through complications the prognosis turned from years to weeks. Within four weeks I lost my biggest fan. I couldn't walk away; I needed to be a tribute. My mum never saw me compete. Don't wait to be jolted out of your complacency.

Actively hunt challenges at all costs. Embrace the pain that comes with taking yourself to a higher level.

Daniel Oates

"I hunted for what I wanted professionally and personally"



Daniel Oates is a STARplex Fitness Centre member

Tour Down Under Challenge 22nd January 2010

Janine and Michele participated in the Tour Down Under Challenge



"We had a great time, it was actually a real hoot for the first 80kms, but really hard after that having to battle the wind and hot weather but we still enjoyed the day and learnt a lot along the way!"

The girls completed 111km in a better time than expected, 3hours:45mins and are already looking forward to the next ride!

Congratulations also to Karen Griffiths, Milton Vadoulis, Di Pratt and her partner David who also took up the challenge and rode on the day.

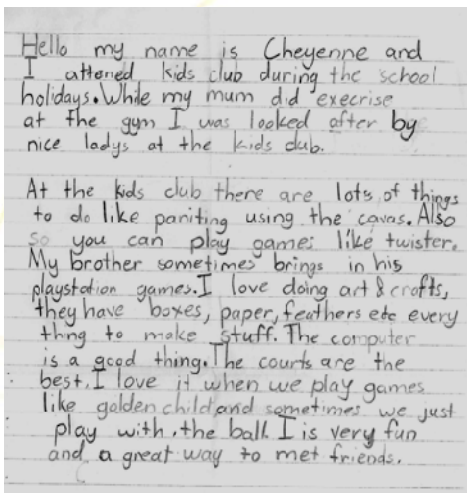
Kelly Lange

STARplex Kids Club

Available every school holidays
Monday - Friday
9.00am -12.00pm

(Excluding public holidays)

Contact
STARplex
Reception on
(08) 8522 0685 to make a booking



STARplex Waterbabies are having a ball.



When STARplex first opened in June 2000 Aqua Aerobics for Mature Movers began at STARplex Swim Centre.

Some of the first to attend the classes were Dot Hayes, Joan Tingey and Pat Lester followed a few days later by Virginia Baines and Ruth Hogarth.

As the weeks went by the classes became very popular and it was clear that there was a definite need in the

Gawler area for an activity that people of all ages and abilities could enjoy.

Everyone was so friendly and very quickly the numbers in classes grew to 25 or 30. As the group got to know each other the ladies began to have lunch once a month in the (then) STARplex Restaurant, 'Alexanders' and they would celebrate the ladies birthdays for that month.

It became apparent that a social group would be a great addition to their Aqua Aerobics class and coffee after swimming was a must to synchronise diaries for upcoming functions. The group needed a name and so the Waterbabies began. Everyone was and is still welcome to join in and make great friendships as we all have.

Newsletters were written and given out to inform swimmers of what had been arranged for the month. The group began to have regular bus trips, movie outings, and luncheons as the weeks

went by. The outings were then extended to holidays to Melbourne, Sydney and Perth incorporating sight-seeing, shows and tours. Some had never travelled so far or seen so much of South Australia and Australia.

During their time together which now spans 10 years we have organised concerts, dance days, Melbourne Cup luncheons, birthdays, trash and treasure, picnics, tours and Christmas functions. We now have over 80 members to our classes over the week with ages ranging from 30 to 89 and we are still going strong.

The members of the Waterbabies enjoy their Aqua Classes and the friendship and support that a group can give each other in good times and sad times and it's a great way to start your day exercising and having lots of laughs.

With thanks to Ruth Hogarth

Kelly Lange

STARplex Kindergym is a great morning out for the whole family

As a mother of 2 toddlers, Kinderym at STARplex is a fantastic way of allowing the boys to 'burn up' some of their copious amounts of energy in a fun, semi structured, social and safe, learning environment.

Both of my boys (Jordan 2 ½ and Riley 14mths) participate in Kinderym. Jordan started out with Babygym – (Kinderym session for 0-2 yr olds) and has been attending sessions ever since.

Riley was 'born into Kinderym' with his big brother, and has enjoyed it right from a baby on his back, as a crawler and, now, as a walker... there is something for all ages (0-4yr old).

As a full time working mum, Kinderym gives me the opportunity to 'play' with the boys and spend a solid, uninterrupted 45 minutes of quality play – which can sometimes be difficult at home (especially with 2 toddlers).

Kinderym has allowed the kids to be physically active which, in turn, enables them to work on their motor skills and co-ordination.

They also learn colours, shapes and numbers, learn to share and play with other kids and learn how to listen to someone else (rather than Mum and Dad!!) and to follow through with those instructions.

The variety of equipment, puzzles, games, the ability to start socialising with other children and the semi structure to the program keeps the boys (and Mum) interested and entertained.

They also love it when Daddy or Grandparents can come to Kinderym – a sense of pride and 'ownership' of the session. Jordy loves showing off his basketball skills!!

It's also a great time to catch up with other busy mums, dads and kids once a

week.

The kids get to play together, us mums get to play with the kids and catch up with each other at the same time. If you time it right, there is also time for a healthy lunch, snack, tea or coffee in the kid friendly Cafe afterwards.

The end result is that both boys LOVE it...they can't wait for Kinderym day...and when you have happy kids... you have happy mummies and daddies!

Natasha Phillips



Easter 2010 Opening Times

April 2nd Good Friday - Closed
April 3rd Easter Saturday 8.00am - 1.00pm
April 4th Easter Sunday - Closed
April 5th Easter Monday - 8.00am - 1.00pm
Crèche closed from Friday 2nd April - Monday 5th April

STARplex Management and Staff would like to wish everyone a safe and Happy Easter



... seriously healthy fun