

Curves

Timperley Monthly Newsletter

April 2009

News in the Club...

We would like to thank everyone who kindly donated to this year's Annual Curves Food Drive. This year's total food collected is **2012 Pounds, which is 143 Stone and 10 Pounds!!!**

Well Done Timperley you have helped your community!!

Coffee Morning...

On the 23rd March we held a coffee morning in aid of Genesis Breast Cancer prevention Charity. Thank you to all who attended and very kindly donated a total of **£36.00**. On behalf of Genesis we thank you once again for your continued support.

We are going Green!!!!

Email Addresses...

Ladies as of next month the newsletter will be available through email!

This is to try to cut down on the amount of paper we are consuming by printing off the newsletter.

So please see a member of staff to record your email addresses to receive the newsletter via email. This can be a shared home, work or personal email address, so please help us, and help the environment!!

CurvesSmart Tips

We would like to take this opportunity to thank all our CurvesSmart members for their patience during the few teething problems we have had. Just a few notes to make:

- When you are on the recovery stepper, if the Cardio heart rate light goes **RED**, this means your heart rate is over your target and you will be given a hesitation on the next 3 machines. This will mean you must wait for the count down to finish before you begin moving on the machine.
- If you have upgraded to CurvesSmart, or you are a new member who has been working out for one month and have not yet had your Smart appointment, then please see a member of staff.

Curves Approved Businesses

This Month sees the new intake of our Curves Approved Businesses. If you would like your Business to be the only Curves approved business in your line of work then, please see a member of staff for more information.

Limited spaces are now available so please see a member of staff today!

Question Time:

Each month you take turns in answering some tough questions. This Month it is Christine Cowen under the spotlight.

What do you do when you are feeling very sad? Christine thinks and plays with her grandchildren, which always makes her very happy.

When you were a kid, what did you want to be when you grew up? A Nurse, however I was a supervisor of a large drinks company.

Do you have any hidden talents? I am a good baker and make fabulous cakes and pastries.

What do you consider your greatest achievement? Being a super grandmother, I just love it!! Also I learnt to swim at a mature age.

*We would like to apologize to Shirley Gould who featured in last month's Question Time. The craziest thing she had ever done was **Snorkeling** and not **smoking** as printed. We are very sorry for any inconvenience this may have caused.*

Curves 6 week Weight Management Plan...

What's different about the Curves Weight Management Plan? Many women have a list of diets they've tried over the years and the one thing these diets have in common is they often fail. Why? They leave you hungry and deprived, and they slow your metabolism, setting you up for a never ending cycle of yo-yo dieting.

Why is the Curves Weight Management Plan different?

- Its Revs your Metabolism
- It allows you to eat
- It offers a wide variety of food
- It's healthful
- It provides Permanent Results without Permanent Dieting.

So Ladies do you need a kick-start to shed the pounds, or are you tired of squeezing into those favourite jeans or dread the thought of summer looming with that bikini getting closer to hitting the beach? Then see a member of staff today to book your place in the class. Limited numbers first come, first serve!

Results for the Month of March:

Top Weight loss/inches

1st: Jane Bakash 10.50 pounds and 10.75 inches.

2nd: Jacqui Robertson 10 pounds and 6.75 inches

3rd: Barbara Whitfield 8 pounds and 11.75 inches.

Well done this month to **Stephanie Crosbie** 8 pounds and 3.75 inches, **Helli Kennedy** 6 pounds and 1 inches, **Linda Hawkins** 5 pounds and 7.25 inches, **Kate Bowker** 5 pounds and 11 inches, **Becky Richardson** 5.50 pounds and 8.00 inches, **Sue Sutcliffe** 4 pounds and 2.75 inches, **Lisa Paton** 5.50 pounds and 2.00 inches, **Sally Periera** 4 pounds and 8.75 inches, **Julie Hotchin** 5 pounds and 0.50 inches, **Akhila Muthuswamy** 5.50 pounds and 8 inches

Top Attendees:

Well done to Hilary Ogle, Jacqui Robertson, Sacha Byrne and Rita Constant who were the top attendees this month. Well Done to Jacqui who got the double.

The club's total weight loss this month was 201.00 Pounds and 309.50 Inches. Well done to everyone who got weighed and measured this month.

Thought of the Month

You haven't lost your smile at all, its right under your nose. You just forgot it was there."

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Recipe of the Month

This month see's the arrival of the Easter Bunny, so for all those kids who will be off school, you will be wondering what to do with each day. Below is a fantastic recipe for them to get busy and make some delicious treats for friends and family this Easter

Chocky Rocky

2x 100g bars of milk or dark chocolate
100g unsalted butter
100g golden syrup
100g bag of marshmallows, halved
100g pink wafer, crushed
125g of mini speckled eggs

Serves: Recipe makes 16

Prep Time: 10 minutes

Cooking Time: Overnight

Instructions:

1. Measure out your ingredients. Line a 20x20cm square tin with a layer of greaseproof paper.
2. Place the chocolate, butter and golden syrup in a saucepan and heat gently until melted together.
3. Stir in the marshmallows and crushed wafers.
4. Pour the Chocolate mixture into the tin. Top with the mini eggs
5. Place in the refrigerator and leave overnight to set.
6. Cut into squares and serve.



April and May Promotion

From the 1st April until 30th May 2009 your friends and family can join Curves for half price!! We are offering all new members 50% service fee and what's more they are able to split that between two people. That means they can join for only £37 each!!

So come on ladies everyone knows someone who is tired of squeezing into those favourite jeans or dread the thought of summer looming with that bikini getting closer to hitting the beach??

So get them to give us a call and share in the amazing results Curves Timperley women are achieving each and every month!

Got a friend who wants to join in the fun?? Just get them to give us a call and soon they can be achieving great results.