

### Learn to Dress you're Curves!!

Ladies we are offering the chance to make shopping fun again. On the 15<sup>th</sup> September between 10am-2pm Jane Bluer will be here. Jane is a qualified style consultant based in Hale, a mum of three she knows the difficulties of juggling a busy home life and a demanding career. Working with clients of all ages, sizes and body shapes her enthusiasm and experience is aimed at helping clients feel more stylish and confident about their looks than ever before. Jane will be giving her expert advice on colour, style and accessories that best suit you!

#### Colour Consultation:

Hands on session to demonstrate the power of colour, advice on wearing the right tones and shades to even out skin tone, make eyes appear brighter, give the illusion of height and even slim you down. Included in the consultation is the style advice for your body shape and what accessories best work for you.

Jane also provides a personal shopping service that takes the stress out of shopping by visiting only those stores offering clothes to suit your body shape and lifestyle. On the spot expert guidance will enable you to make the right choices now and in the future, whether it's for a casual day look, more formal work environment or glitzy evening occasion.

Therefore Jane is offering **Curves Members only** the chance to dress their curves! By having a **1 hour** session for a fantastic discount rate of **£25**. There are only 4 appointments available so you better be quick, see staff for more details.

#### Curves Cash

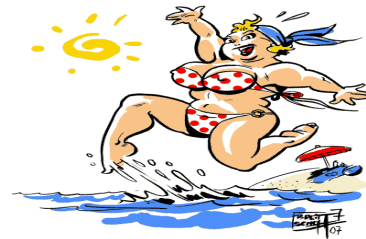
Remember ladies Curves Cash is running to the end of August, so keep saving!! Remember how you earn them;

- 3 times a week
- Monthly Weigh and Measure
- Advanced workout
- Introducing a Friend
- Leafleting your street
- Being the Biggest Loser

So keep up the hard work and working towards them goals. If you need more motivating speak to one of the staff and they will get you on track again.

Just because it's the Summer....

Don't let your workout suffer just because it's the summer time, think of all the hard work you have put in throughout the year. So workout out right up to your holidays, find out if there is a Curves facility near to where you are going so you can continue working out. If not you can take advantage of the Curves travel workout. Then when you return get straight back into it! You have had your holiday so no excuses ☺



#### Question Time:

Each month we take turns in answering some tough questions. This Month Kay is under the spotlight.

#### ***What is the last thing you do before you go to sleep?***

Make sure I am in bed!

#### ***If you lived in a TV series, what would it be and why?***

It would have to be Friends as I would always be in stitches!

#### ***What was the first Tape/ CD you bought yourself?***

3T- Gotta Be You (Don't tell anyone!)

#### ***What is your favorite noise or sound?***

It would be the Piano or the Violin.

Next Month we put Hannah through our question time.

### *Rest of the Summer FREE!!*

Ladies this month see's our fabulous promotion of The Rest of the Summer Free.

#### **How it Works?**

For any new member that joins on or after the 14<sup>th</sup> July until 31<sup>st</sup> August they will not pay their monthly fee until the 1<sup>st</sup> September. The earlier they get in the more value they get. So round up all them friends, family or work colleagues and help us spread the word about Curves.

### **ATTENTION NOTICE TO ALL MEMBERS!**

Please can everyone now take **their trainers home** from this month on. This is due to hygiene reasons within the club, after a few weeks we will remove the stand and place any leftover trainers in a bag. We would be grateful for everyone's co-operation in this matter.

#### Results for the Month of July:

##### *Top Weight loss/inches*

- 1st:** Gill Brooks lost 4.50 inches and 9.50 lbs  
**2nd:** Sue Miller lost 5.50 inches and 9 lbs  
**3rd:** Nicola Dace lost 13.50 inches and 6.50 lbs

##### *Top Attendee:*

Nicola Dace **21 Workouts**

Karen Salisbury **19 Workouts**

Tina Boardman **18 Workouts**

Christina Maguire **18 Workouts**

Well Done to Rita Constant who lost 7lbs & 3.50inches and Akeela Hanosh who lost 6lbs& 8.50inches also.

Well Done Ladies keep up the fantastic work. Doing your three times a week working hard and following a healthy eating plan pays off!

### **Bank Holiday Closure**

Ladies please note we will be closed on the **Monday 25<sup>th</sup> August 2008**. This is due to the Bank Holiday so please make a note of this. Let us take this opportunity to wish everyone a happy and safe summer holiday.

From all the staff at Curves Timperley! xxx

#### Thought of the Month

"You begin to achieve when you begin to believe!"

Curves of Timperley

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### Recipe of the Month

Yes this is one for all you Delia Smith's out there, every month we will include a tasty recipe for you to try out at home. If you want one of your favourite recipes featured please let us share even those secret ingredients! When you make it take a picture so we can share it with everyone, and if you need a few expert tasters we are always on hand with forks at the ready ☺

This Month is one for those Summer BBQ's:

**Mediterranean Lamb Kebabs:** Makes 4 servings

- 1 lemon
- 1 tbs olive oil
- 1 tbs honey
- 4 tsp Schwartz Lamb Seasoning Simply Shake Seasoning
- 350 g (12 oz) lamb fillet, cubed
- 1 red pepper, diced
- 16 dried apricots

Halve the lemon, squeeze the juice from one half and cut the remaining lemon into 8 pieces.

Blend the lemon juice, oil, honey and Lamb Seasoning in a large bowl. Stir in the lamb, pepper, apricots and lemon pieces. Allow to marinate for 1-2 hours in a refrigerator, thread alternate pieces onto 4 skewers.

Place under a pre-heated grill or on a barbecue and cook for 10-15 minutes, turning occasionally, basting with any remaining marinade.



### **Why should you Stretch?**

Stretching is so often something people neglect to do at the end of a training session because they are too tired to do anything else. Or when they do, they just rush through each stretch and so don't get the full benefit of each one.

We stretch to improve our flexibility. Flexibility is the range of motion that is available to a joint or joints. Flexibility is important because:

- It improves muscle balance around a joint, thus improving posture
- It reduces the chance of injury when playing a sport or in every day activities
- It increases the blood and nutrient supply to muscles and cartilage, thereby also reducing muscle soreness after training.

**So Ladies Remember Stretch after EVERY workout!**

**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.**