

# Curves

## Timperley Monthly Newsletter

February 2010

### CHANGE FOR LIFE -LETS DANCE!!

The Department of Health and the FIA's Change4Life Campaign are launching a new Let's DANCE Change4Life initiative in the first week of March 2010. Our club will be boogy-woogying on the circuit with our fitness coaches and enjoying learning some new moves!!!

As part of this Initiative, we are so excited to announce our

### **CURVES OPEN DAY!!** Saturday 6<sup>th</sup> March

The club will be open to all non-members who would love to come and see what goes on at Curves.

Ask all women you know to contact the club, as we will also be offering a free workout as part of the Open Day package (contact the club to arrange). *Amazing!!*

STREET DANCE/DISCO

SALSA

**BE A PART OF CHANGE4LIFE BY  
CHANGING THE LIFE OF OTHER  
WOMEN. SPREAD THE CURVES WORD.**

### Race for Life

Cancer Research UK's Race for Life is the largest women-only fundraising event in the UK.

Since 1994, women of all ages and fitness levels across the UK have come together at these inspiring events to walk, jog or run 5k (3miles) to help beat cancer.

Some take part in celebration of surviving a cancer experience. Others take part in memory of a loved one or to give hope to a cancer-free future.

Every pound raised in sponsorship or fundraising helps to fund the work of over 4,500 researchers, doctors and nurses dedicated to helping more people beat cancer.

So far, an incredible 4.7 million women have raised over £370 million to fund Cancer Research UK's life-saving work.

For the past few years Curves Timperley have participated and had great fun as you can see from the Photo Album. This year we are doing it again, so if you would like more

### LOCAL RECOMMENDED BUSINESSES

Check out this years holiday offers with Prestbury Travel! If you mention Curves you'll receive 5% discount!! Call Sylvia, Sally or Sue on: 01612330808

**Ask a member of staff for your  
Curves Directory to see which other  
businesses our ladies recommend for  
quality service!**

### CURVES WEIGHT LOSS CLASSES!

Curves Timperley have launched the brand new and improved Weight Management classes in our club. Our registered Dietician Nadia Rodman has been working over the past few years on our new exciting program.

### **A NEW CLASS STARTS EVERY THURSDAY!**

### **Places must be secured in advance**

Places are limited to 20 per class so make sure you secure your place by speaking to a member of staff today. Non-members are welcome as long as they have secured a place in advance. Please see the notice board or speak to a member of staff for further details.

If you need that extra helping hand on how to loose weight or you just want to stay healthy then secure your place today!!

### PLEASE NOTE:

**Last workouts will be at 6.20pm on  
Thursdays from Monday 4th Jan**

Curves of Timperley, Paul House, Stockport Road, WA15 7UQ

Website: [www.curvestimperley.co.uk](http://www.curvestimperley.co.uk)

Telephone: 0161 903 8444

## CLUB OPENING HOURS

**Monday:** 9am -2pm 4pm – 8pm

**Tuesday:** 9am – 2pm 4pm – 8pm

**Wednesday:** 9am – 2pm 4pm – 8pm

**Thursday:** 9am – 2pm 4pm – 7pm\* **NEW**  
\* Last workout 6.20pm

**Friday:** 9am – 2pm 4pm – 7pm

**Saturday:** 9.30am -1pm

The last workout begins on the circuit  
30minutes before each closing time.

Results for the Month of Jan:

### Top Weight loss/inches

**1<sup>st</sup>:** Catherine H -7.50lbs and - 6 inches

**2<sup>nd</sup>:** Hannah J - 5lbs and - 2 Inches

**3<sup>rd</sup>:** Maria B -4 lbs and - 8.00inches

Well done also this month to **Jenny D** -3.50 pounds,  
**Diane R** – 3.50 pounds and - 6 Inches, **Sharon R** -  
2.50 pounds and - 2.75 inches.

### Top Attendees:

Well done to Angela Byrne, Judith Cooke, Nancy Antrobus, Margaret Graham and Suzanne Mills with 15 (plus) workouts! Fantastic!!!!

The club's total weight loss this month was 67.50 Pounds (7st 7.50bs) and 80.25 Inches!!

Well done to everyone who got weighed and measured this month!!



## Thought of the Month

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948

Curves of Timperley  
Paul House, Stockport Road WA15 7UQ  
Website: [www.curvestimperley.co.uk](http://www.curvestimperley.co.uk)  
Telephone: 0161 903 8444

## Recipe of the Month



## Linguine with prawns, spring greens & chilli

Preparation and cooking times

Serves 2:

Prep 10 mins Cook 10 mins

Ready in 20 mins

Low-fat

- Cook the linguine following packet instructions. Add the spring greens to the pasta for the last 3 minutes of cooking and drain.
- Heat a little oil in a small pan, add the garlic, prawns and chili and toss together, season well.
- Once the prawns are cooked, divide the pasta and greens between 2 bowls and spoon them on top.

Nutritional Information: 519 calories, protein 37.8g,  
carbohydrate 79.4g fat 7.7g saturated fat 11.4g fiber

## Question Time:

Each month we put a member under the spotlight.  
This month we asked Heather C ...

### What scares you the most and why?

Not knowing what the future holds, and getting older.

### What do you enjoy doing to help you relax?

I enjoy doing puzzles and crosswords, also socialising with my friends.

### What do you love most about Curves?

The girls! Also the warm welcome everyone receives, the friendly atmosphere and all the friends I have made just from here.

## February Promotion

From 1st January – 28<sup>th</sup> February 2010 we are offering  
**50% off and 30 days FREE!!**

Tell all your friends, family and co-workers about our great deal and get them shaping up this year!

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