

Curves

Timperley Monthly Newsletter

February 2010

LOCAL RECOMMENDED BUSINESSES

Don't forget to ask for a copy of our Curves recommended businesses directory that lists the local services our members rely on.

To advertise your business for the New Year please see staff for more details*

*We regret that we can only promote one business per trade, so places are offered on a first-come-first-serve basis

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**

2010

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 information about how to get involved then please see a member of staff

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

Website: 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 Dec:

Top Weight loss/inches

1st: Catherine H -7.50lbs and - 6 inches

2nd: Hannah J - 5lbs and - 2 Inches

3rd: 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. A brilliant result for the month of January!!

IT WAS A DIFFICULT MONTH ESPECIALLY AFTER CHRISTMAS FOR WEIGH AND MEASURES - SO WELL DONE EVERYONE FOR YOUR EFFORTS!!!!



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

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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 Suzanne M...

What scares you the most and why?

What was the last movie you've watched?

What do you love most about Curves?

February Promotion

From 1st January – 28th 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.