

Curves

Timperley Monthly Newsletter

Jan 2009

Curves Smart

CurvesSmart also automatically adjusts to your body's endurance level so you stay continually challenged and achieve your potential on every machine, during every workout. It then automatically computes all of your workout data to produce detailed progress reports that show your overall muscle strength, your calories burned and how close you are to reaching your goals. But don't take our word for it here is what some of our members think:

Maria; I have been a member for a year and a half and I am noticing more of a difference in my weight and inch loss since joining CurvesSmart. I am now reaching goals, as I now know how much calories I burn after each workout and which machines I need to work harder on in order to get great results. My own personal trainer at last! Thanks CurvesSmart!

Julie: I have been a member for 2years. Since joining CurvesSmart, I push myself much harder and go for green. The computer feedback has helped me push harder hence better results. In December I lost 4 Pounds and 2.25Inches. I have found it has perfected my technique on each machine which enhances my results.



How do I find out more?

We ask members to pre-book their CurvesSmart Training and Programming Appointment, to ensure personal attention. So to find out more please see a member of staff and get them to arrange your CurvesSmart appointment today!!

Businesses of the Month

Learner Services

Math's Tutoring, 11+, GCSE, A Level.
Know someone who could do with a helping hand for those all important Math's skills? Why not give Learner Services a call today and take the stress out of learning.

Ian Chadwick Glass Design

Looking for something different?
For unique items such as jewellery, fused bowls, coasters and Glass sculptures. You will find it at Ian Chadwick glass design. See Ian's website for more.

Question Time:

Each month you take turns in answering some tough questions. This Month Rita Allan is under the spotlight.

What is usually your first thought when you wake up?

I look out the window to see what the day is like.

If you could live anywhere in the world, where would you live?

Canada with my family or somewhere that is lovely and hot. (Popular answer)

Name 1 thing you love about being an adult? I love being able to do what I please!

What's your favorite song of all time? My favorite song is Whiter Shade of pale.



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

Website: www.curvestimperley.co.uk

Telephone: 0161 903 8444

Join Now and your first month free!!!

We all know someone who has mentioned that they have over indulged over the festive season and now worked their way through all the left-over Christmas cakes, puddings, selection boxes and biscuits. Now they are feeling the effects, with that everyday fight of getting on those trousers or blouses, if only they had a solution they cry!!!!

Well now they do tell everyone you know friends, family, work colleagues and neighbours about the fantastic offer Curves Timperley has for them to take advantage of...

Join now and get their first 30 days FREE!!

All they have to do is give us a call and arrange their FREE tour and Fitness Assessment on 0161 903 8444.

Feeling the Aftermath of the festive season??

Then watch this space for the next 6 week weight management course coming very soon. For more information on the course please see staff to register your interest.

Dance-nique Week

Coming to Curves from...

...9th – 21st February 2009!



Get ready to shake your stuff on the circuit!! From a dancing day to technique time, keep your eyes peeled for more information to be posted on the notice board in club soon...!

Information is Power...

You must work the machines with intensity. Remember that the speed of movement determines the amount of resistance. Strength training achievement requires you to move resistance which is 60% to 80% of your maximum lifting ability. Moving more slowly the machines means you move less resistance and you may not achieve the full benefits of strength training. Therefore ladies let's go for it on the machines and Recover on the Recovery Stations. Don't forget to get Weighed & Measured our team is on hand to re-set those 2009 goals!!

Thought of the Month

The toughest thing about success is that you've got to keep on being a success.

Irving Berlin

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Recipe of the Month



Grilled salmon with peas, lettuce and bacon

Preparation time less than 30 mins

Cooking time 10 to 30 mins Recipe serves 4

Ingredients

4 x 175g/6oz salmon steaks
65g/2½oz butter
sea salt
freshly ground black pepper
2 x 130g packets bacon lardoons or cubed pancetta
2 little gem lettuces, finely shredded
200ml/7fl oz vegetable, fish, or chicken stock
225g/8oz fresh or frozen peas
2 tbsp double cream (optional)
3 tbsp chopped fresh parsley
½ lemon, juice only

Method

1. Preheat the grill for at least 10 minutes.
2. Remove any pin bones from the fish.
3. Melt 25g/1oz of the butter and brush over the salmon. Season well.
4. Line a grill pan with foil, then place the salmon under the grill for about 3-4 minutes on each side.
5. When cooked, cover and keep warm.
6. Whilst the salmon is cooking heat a pan on a high heat. Add the bacon and reduce the heat.
7. Cook bacon for 2-3 minutes until the fat starts to run.
8. Add the lettuce and stir well to coat with the fat.
9. Add the stock, season and bring to a boil. Turn down the heat and simmer, uncovered, for three minutes.
10. Add the peas, cream (if using) and parsley and give the pan a good shake while it comes to the boil.
11. Add the remaining butter and simmer for a further two minutes then add lemon juice.
12. Serve with the salmon.

Results for the Month of January:

Top Weight loss/inches

- 1st: Stephanie Crosbie 6 Pounds and 8.25 Inches
2nd: Jane Nottingham 6 Pounds and 5.75 Inches
3rd: Maria Tait: 5 Pounds and 9.00 Inches
4th: Saba Zaidi 4.50 Pounds and 10.50 Inches
5th: Tricia Kelly 3 Pounds and 6.25 Inches
6th: Barbara Lea 3 Pounds and 4.75 Inches
7th: Debbie Jewitt 3.5 Pounds and 2.50 Inches

Top Attendee's:

Karen Salisbury: **23 Workouts**
Sacha Byrne: **18 Workouts**
Sharon Hand: **17 Workouts**

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.