

Curves

Timperley Monthly Newsletter

July 2008

Curves Cash

IS BACK...

Curves cash will be starting this month and will run to the end of August.

How it works?

It is very simple all you have to do is work hard. You can earn Dollars from doing 3 workouts a week, getting weighed & measured, referring friends and even leafleting your street. When you have earned some Dollars the staff will reward you by giving you some paper dollars for you to keep. You save as many dollars as you can then spend spend spend!! Remember the staff can reward then when they want so be on you toes!!

When can I spend?

We will have our very own Curves Catalogue with the items that you can buy with your dollars. The catalogue will include t-shirts, bags, water bottles, and goodies. We will notify everyone when the ordering has opened, then once Curves Cash has finished we will order everyone's items, this is so everyone gets what they want and there will be no unwanted items.

Breast Cancer Evening

We would like to take this opportunity to thank everyone for their overwhelming kindness, generosity and support on the night and the lead up to it. We are sure you all will agree that it was a huge success and a great night out. Well with getting through at least 26 bottles of champers it sounded like it was. ☺ Hope there wasn't too many sore heads the next day. On a more serious note we all know the risks and effects of Breast Cancer can be immense, and our aim was to raise awareness and raise as much money as possible to this very worth while organisation, and we hope we have. On the night the total was just over **£1,200** with some more donations afterwards. Once again we would like to thank everyone who helped out in any way from donating raffle prizes, buying raffle tickets and brought along friends. We hope you all had a great night. A special thanks to Michelle who provided the Champagne, nibbles and chair hire, it has not gone unnoticed.

Bone Density Testing

We are holding a Bone Density Testing Day again on the **Wednesday 23rd July**. At some point in their lives 1 in 2 women and 1 in 5 men will suffer a fracture that is related to osteoporosis. More women die each year from osteoporosis than die from Cancer of the ovaries, uterus and cervix combined.

We will be offering you the chance to find out how significant your risk of developing this disease is. The test will cost £30 (usual cost range from £37 to £50) and will take 15minutes to complete with results. If you want to take advantage of this opportunity please see staff for details. It is first come first basis so you better be quick!



Question Time:

Each month we take turns in answering some tough questions. This Month Holly is under the spotlight. Please let us know any questions you would like us to face.

Which television character best represents you?

Monica Gellar from Friends.

What's your worst habit?

Have to be my OCD (Obsessive Compulsive Disorder) To Tidiness!! Hence Monica!

What's the best piece of advice you have been given?

If you don't use it, you lose it!

Where was your best holiday?

Either Ibiza or Canada.

Next Month we put Kay through our question time, don't forget if there is anything you want to know just let us know.

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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 14th July until 31st August they will not pay their monthly fee until the 1st 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.

We're all going on our summer holidays!

The summer is here at last yippee!! Your curvaceous body is ready to hit that beach and you all deserve some 'me' time. As much as you want to relax on hols, it's a good idea to keep those pounds at bay. You don't want to undo all that hard work when you pop on the scales on your return. So we have a solution there are thousands of Curves Clubs all over the world so why not pay them a visit while on your jollies. We can give you a Curves Travel Pass which allows you to work out in any other Curves in the World!!

Results for the Month of June:

Top Weight loss/inches

- 1st:** Amanda Jalali lost 10.50 inches and 11 lbs
2nd: Sally Daine lost 15.50 inches and 7 lbs
3rd: Carol Nicholls lost 11.25 inches and 4.5 lbs

Top Attendee:

Carol Nichols **24 Workouts**
Christina Maguire **20 Workouts**
Debbie Jewitt **18 Workouts**

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

Tag Along Tuesday's & Thursday's!

Ladies every week on Tuesday's and Thursday's we have a Tag along Day. This is perfect for those friends who want to try out Curves to see how much fun it is for themselves, then they want to get join in with the fun and start achieving results for themselves.

All you have to do is let a member of staff know the name of your friend so we can book them in, then they can take then around the circuit and show them how *Great* it is to be at Curves!! How simple is that??

Thought of the Month

Nothing happens until I make it happen.

Scott Wilson

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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 long lunches or some quick on the go...

Tomato and Mozzarella Salad

INGREDIENTS:

680g plum tomatoes, thinly sliced
1 bunch spring onions, thinly sliced
1 small cucumber, peeled, deseeded and diced
225g mozzarella, diced
2 tbsp chopped fresh basil
1 tbsp chopped fresh parsley
3 tbsp red wine vinegar
3 tbsp olive oil
salt and freshly ground black pepper

PREPARATION:

1. Place all of the ingredients in a medium and mix well. See refrigerate for at least 1 night and for up to 4 days.

2. Salad is best after sitting at room temperature for an hour serving, but it may be eaten cold.

Prep time: 15 minutes

Serves: 4



Do It Right The Recovery Station

The Recovery Board is a recovery station on the circuit.

1. Step firmly onto the middle of the station.
2. Walk, Jog, dance or do an action while on the station.
3. Choose your level of exertion to **maintain** or **lower** your heart rate if needed.

Keys To Correct:

- Stay on the station at all times, do not step on or off.
- Do **NOT** use the station to raise your heart rate, use the machines for that.

Be creative and have fun so if you have any new moves let us know!

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.