

Curves Timperley Monthly Newsletter

July 2009

Change 4 Life

More Active 4 Life is the Fitness industry's contribution to the government's Change 4 Life campaign, it is a great way for everybody to get active and achieve your active minutes.

The reasons for doing regular exercise are endless. You can lose weight, become fitter, reduce stress levels, improve sleep patterns, increase your life quality and expectancy, and reduce the risk of heart disease, diabetes and some forms of cancer. Overall, it makes you feel refreshed and happy! It's suggested that everyone should participate in some form of exercise for 30 minutes 5 days a week, whether it be walking to the shops, running up and down the stairs or going to an exercise facility.

As of the 27th June until 31st August, we will be offering a **6 week membership for just £30** or a free trial workout to all ladies interested in Curves Timperley. Please make sure to tell all friends, family, neighbours and work colleagues about this brilliant opportunity. Encouraging fitness and good health can be life-saving! Help us to help *more* women today.



moreactive4life

MyCurves.com

Mycurves.com has been specially designed for Curves members from all across the world. Have a look at the notice board located next to the Cd Players this month to check out some of the information that can be found at mycurves.com plus much much more.

To access the website you need to have our Club's access code which is: **TZ645J**. If you are a first time user click the new user icon and follow the guide to register, then simply Login In to find healthy recipes, fitness tips and a whole world of Curves members ready to offer their support. The topic of the month highlights Osteoporosis and the dangers of developing it.

If you experience any problems then please do not hesitate to ask staff for help or more information.

Share YOUR Services...

Are you a local business?

Here at Curves Timperley we are here to help. We offer a service where you can advertise *your* business to over 400 women on a daily basis for very competitive prices. Within our business guide you will have exclusive coverage for your business, with our policy of one business per sector. This is an opportunity too good to miss, so please see a member of staff today and let us offer our ladies *your* services!

Question Time:

Each month you take turns in answering some tough questions. This Month it is Gill Brooks under the spotlight.

What is your idea of a romantic date?

My idea of a romantic date would be a hot air balloon trip while enjoying a bottle of fizz!

Where is your most favorite place on earth?

My favorite place would have to be my home!!

Do you have any phobias?

Well I do not like snakes, worms, slugs and snails.

What did you enjoy about school?

Nothing – being dyslexic in the 1960's was not easy!!



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

Website: www.curvestimperley.co.uk

Telephone: 0161 903 8444

Osteoporosis

Osteoporosis is a condition that affects the bones, causing them to become thin and weak.

Approximately three million people in the UK have osteoporosis, and there are over 230,000 fractures every year as a result.

As you get older, you also lose a certain amount of bone, causing the bones to become thinner. The bones become fragile and more likely to break (fracture), particularly the bones of the spine, wrist and hips.

Osteoporosis affects about 20% of women aged 60-69.

Of the 60,000 people who suffer osteoporotic hip fractures each year, 15-20% will die within a year from causes related to the fracture.

We are holding a **Bone Density Testing Day** in the next few weeks. The cost will be £30 for your bone scan and follow up results. If you are interested then please see a member of staff.

Results for the Month of June:

Top Weight loss/inches

1st: Judith Cooke 11 Pounds and 7.50 Inches

2nd: Anne Massicks 8 Pounds and 9.75 Inches

3rd: Sally Wright 7 Pounds and 4.50 Inches

Well done this month to **Gill Monney** 6.50 pounds and 6.25 inches, **Katie Boughen** 6.50 pounds and 5.50 inches, **Jo Cooksey** 6.00 pounds and 5.50 inches, **Margaret Bowie** 5 pounds and 2.75 inches.

Top Attendees:

Well done Jayne Faupel, Sarah Chapman, Sacha Byrne, and Eileen Featherstone, Karen Salisbury, Karen Stone and Jayne McAllister, who were the top attendees this month.

The club's total weight loss this month was 178.50 Pounds (12stone and 10pounds) and 216.25 Inches.

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

Thought of the Month

The best way to cheer yourself up is to try to cheer somebody else up. ~Mark Twain

Curves of Timperley
Paul House, Stockport Road WA15 7UQ
Website: www.curvestimperley.co.uk
Telephone: 0161 903 8444

Recipe of the Month



Balsamic chicken and white bean salad

Cooking Time: 20 minutes

Ingredients (serves 4)

- 600g skinless chicken thigh fillets, trimmed
- 2 garlic cloves, crushed
- 1 tablespoon wholegrain mustard
- 2 tablespoons balsamic vinegar
- olive oil cooking spray
- 400g can cannellini beans, drained
- 250g cherry tomatoes, halved
- 1/2 cup low-fat feta cheese, crumbled
- 50g rocket leaves
- 1 lemon, cut into wedges, to serve

Method

1. Season chicken with salt and pepper. Whisk garlic, mustard and vinegar in a ceramic dish. Add chicken and turn to coat. Cover and refrigerate for at least 20 minutes.
2. Preheat a barbecue plate on high heat. Remove chicken from marinade. Lightly spray chicken with oil. Cook for 1 minute each side or until golden. Reduce heat to medium-low. Cook chicken for 6 to 8 minutes each side or until cooked through. Transfer to a plate. Cover and stand for 5 minutes.
3. Slice chicken. Combine beans, tomato, feta, rocket and chicken in a large bowl. Toss gently. Spoon onto plates. Season with pepper. Serve with lemon.

July & August Promotion

From the 1st July until 31st August 2009 your friends and family can join Curves for half price!! We are offering all new members 50% service fee and what's more they do not pay their monthly fee until **1st Sept!!**

So come on ladies everyone knows someone who wants to shape up for their summer holidays!

So get them to give us a call and share in the amazing results Curves Timperley women are achieving each and every month!

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.