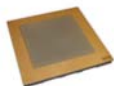


# Curves

## Timperley Monthly Newsletter

July 2010

### Recovery Boards



Our Curves workout is based on a 30 second intervals. Members work on a machine for 30 seconds before moving onto a recovery board. 30 seconds is the maximum amount of time a muscle group can be worked at maximum speed before it begins to exhaust and needs to recover.

The 30 seconds of recovery time is crucial. The recovery boards allow the muscles to recover while maintaining your Heart Rate.

By arranging the equipment in a circle, you can easily work a group of muscles in the upper body, recover and then proceed to work the muscles in the lower body. This means that a muscle group is allowed 90 seconds of full recovery time before being worked again.

### Why working out above 70% of your Heart Rate does not burn lean muscle mass:

The heart is used to pump oxygen through the blood to the rest of the body. Since oxygen is needed to efficiently burn body fat, the target heart rate zone is the range at which your body efficiently burns body fat when exercising.

During aerobic exercise (Curves Workout) you want to work at the maximal oxygen consumption at which you can exercise aerobically without reaching your anaerobic threshold. The goal of strength training is to generate the greatest amount of caloric expenditure using the preferred fat (your stored fat) Fats are not generally used during high intensity exercise unless the individual is a highly fit endurance athlete.

An individual that has been strength training will access fats much sooner to produce energy compared to an individual that has not been strength training. They will stop burning carbohydrates and start burning fats faster as their fitness level improves. Fat – not – lean muscle is broken down during low and moderately high exercise intensities. Working out at very high intensity such as 85% or more can breakdown lean muscle tissue and is not recommended.

Therefore we are going back to concentrating on the machines to ensure everyone gets maximum benefits out of every machine. We want everyone to enjoy their workout and reach their goals – whether that is losing weight, firming and toning, keep fit and maintain your previous results.

## LOCAL RECOMMENDED BUSINESSES

### Pamper Month Reflexology by Michelle

Relax with a treatment of reflexology to help combat stress. Curves members discount  
See staff to book and appointment.

### Naturalift Anti aging Facial by Kay

Treat yourself to a rejuvenating massage using a careful blend of facial techniques drawn from Japanese and Indian face Massage.  
Limited appointments available.  
Call 07746142207

## July Promotion

### Get Everyone More Active This Summer

Curves Timperley has joined forces with the Government Change for Life Program again this summer!

We are offering all new members the chance to get more active by taking advantage of our fantastic promotion:

### **6 WEEKS FOR ONLY £39**

From the 1<sup>st</sup> July to the 31<sup>st</sup> August.

And there is even more at the end of the 6 weeks they can have the opportunity to:

### **JOIN FOR FREE**

So tell everyone you know whether they exercise or not about the great offer we have on, and let's get Timperley More Active this summer!



## Curves Walking Group

As the walking group has proved popular for most weeks we are going to continue it for July. It's every Wednesday evening from 6.30pm lasting approx 30-40minutes.

As Curves is your core exercise it is recommended that you walk for at least 30minutes a day also.

If you are interested then please sign the list located on the signing in desk.

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

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

Telephone: 0161 903 8444

## 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 OTHER THURSDAY**

**20 SPACES ONLY!**

**Places must be secured in advance**

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

**PLEASE NOTE:**

**Last workouts will be at 6.20pm on Thursdays**

## Results for the Month of June:

### **Top Weight loss/inches**

**1<sup>st</sup>: Sheila H** -9.50lbs and – 9.00 inches

**2<sup>nd</sup>: Julie Cor** -8.50lbs and – 8.50 inches

**3<sup>rd</sup>: Julie Con** – 7.50 lbs and – 8.25 inches

Well done also this month to **Sally B**- 6 pounds and 0.50 Inches, **Katrina S** -5.50 pounds and 11.50 Inches, **Jackie R**– 4.50 pounds and 4.25 Inches, **Suzanne N**– 4.50 pounds and 1.50 inches.

### **Top Attendees:**

Well done to Mina E, Nicola O, Sue F, Jill McC and Janice W with 19 (plus) workouts! Fantastic!!!!

**The club's total weight loss this month was 159.75 Pounds (11st 5.75bs) and 214.50 Inches!!**

**Well done to everyone who got weighed and measured this month!! Remember it is so important to get your monthly Weigh & Measure done to keep track of your progress and work hard.**



## Thought of the Month

**"To feel 'fit as a fiddle', you must tone down your middle."**

**Author Unknown**

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## Information of the Month

### Exercise and Depression

Depression is a very common problem- affecting about one in six people at some stage in their life. Depression can describe a range of moods and behaviours from low spirits to severe problems that interferes with everyday life. Sufferers can often lose their appetite and have difficulty sleeping.

### How Depression can be treated?

There are several different treatments for depression. The most common include prescribed antidepressants and forms of counselling. Another form of treatment is physical exercise. Scientific studies have shown that a regular program of exercise can significantly help people to recover from depression - lifting their mood, reducing anxiety and improving self esteem and concentration. They also found taking regular exercise could help protect people against becoming depressed in the first place.

### Why does exercise work?

There are many reasons why exercise can easily help with depression:

- Exercise is believed to increase the release of the brain chemical called Endorphins, that effects our mood and make us feel happier.
- Exercise helps us to get active and meet new people. This stops us from feeling isolated.
- Exercise can give us new goals and a sense of purpose. We have something positive to focus on and aim for.
- Exercise can boost our self esteem, it can improve the way we look and how we feel about ourselves.

So encourage all your friends, family and work colleagues to take part in regular exercise for their mental well-being.



### Curves Little Library



We have decided to help out some local charities and offer the books to you at an amazing price of 50p per book. Bargain!!

If you are interested in donating some books then please go ahead and put them on the shelf.

Many Thanks x

### Strawberry Tea

A massive Thank You to everyone who very kindly donated Cakes and Biscuits for our Strawberry Tea Morning on the 25<sup>th</sup> June, in aid of Breast Cancer Care.

Together we raised a fantastic £150.00 on the day, well done to everyone who took part.

Congratulations to I. Gornall and T. Delahunty who correctly answered 7/10 in the World Cup Quiz and bagged themselves some Curves Goodies.

**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.**