

# Curves Timperley Monthly Newsletter

June 2009

News in the Club...

**Member of the Month....**

**This month our amazing member for April is....**

**Helen Little**

Helen has worked really hard this month to get back into the routine of doing her 3 times a week, and what a reward!!

7.00 Pounds and 3.25 Inches

**Keep up the great work Helen!**

**How to become member of the month...**

**Easy!! Do your 3 times a week, get weighed & measured and work hard on the circuit**

**Curves Approved Businesses**

Rosina Felstein

Counseling & Hypnotherapy

Dip Couns: Dip Hyp & Psy: Dip CBT

For help with the day to day stresses and strains of life then call 07722313851.

**Recommended Businesses**

Have you used any of the services advertised under Recommended Businesses?

If so please see staff to give your feedback as it is vital to maintain the high standard we strive to achieve.

To advertise your businesses please see staff!!



We would like to thank everyone who took part in this year's Race for Life. We are sure you all will agree that it was a memorable day for all involved.



**Question Time:**

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

**If you could have 3 wishes granted, what would they be?** 1. More time to try different things that I am scared of- abseiling etc. 2. Good health for me and those I care about. 3. More money – like everyone else!!

**What's your favorite childhood TV show?** On watch with Mother, the wooden tops were my favorite.

**If you could have dinner with any 3 people, whom would you choose?** **Why?** My two very good friends Kevin and David who always keep us entertained. The third my daughter Vicki- her and David are always winding each other up and having fun.

**If you could travel to anywhere in the world, where would it be?** America – Grand Canyon & Washington State to see the wonders of nature!



## CurvesSmart Tips

We hope everyone is now getting on well with their CurvesSmart workouts and enjoying the great results you have been getting. Well done keep up the great work.

If you have not yet upgraded to Smart especially if you are a new member and have been working out for over one month and are not using CurvesSmart yet, then please see a member of staff as soon as possible.

Just a tip....

- Please ensure when you are on the recovery board, your smart tag is ready to go and you are moving quickly onto the next machine. As you approach the machine your key tag goes in as you sit/stand on the machine. **This will prevent hold ups!** ☺

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

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

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## Curves Quest

**Curves Quest** Our mission is to work together to lose 500 lbs and 500 inches in 8 weeks!!

Curves Quest is well under way!!

To date the club has lost a staggering 11 Stone and 12 Pounds and a whopping 273.50 Inches!!!

To be in with a chance of winning the amazing prize of £50.00, then all you have to do is book in for a weigh and measure. It is that simple!

*Planning a holiday? Want to look and feel fantastic?*

With fortnightly prize draws with the next one being held the 1<sup>st</sup> week of June, and two more on the way.

**Last time the winner was Rita Ginder who outstanding attendance within her first month.**

Keep up your weigh and measures and enjoy the fun along the way!



## Results for the Month of May:

### Top Weight loss/inches

1<sup>st</sup>: Laura McLoughlin 7.00 Pounds and 5.25 Inches

2<sup>nd</sup>: Helen Little 7.00 Pounds and 3.25 Inches

3<sup>rd</sup>: Becky Richardson 7.50 Pounds and 2.00 Inches

Well done this month to **Jacqui Donaldson** 5.50 pounds and 4.25 inches **Janice Walton** 5.00 pounds and 5.50 inches, **Pamela Tallis** 4.50 pounds and 11.75 inches, **Sylvia Burch** 4.50 pounds and 4.00 inches, **Janet Ford** 4.50 pounds and 3.50 inches, Tracy Isherwood 4.50 pounds and 3.50 Inches, **Sharon Hand** 4.50 pounds and 3.00 inches and **Mel Hill** 4.50 pounds and 1.00 inches

### Top Attendees:

Well done to Sacha Byrne, Jayne Faupel, Rita Ginder, Margaret Graham, Karen Salisbury and Pamela Tallis who were the top attendees this month.

**The club's total weight loss this month was 166.50 Pounds (11stone and 12pounds) and 273.50 Inches. Well done to everyone who got weighed and measured this month.**

### Thought of the Month

A woman is like a tea bag- you never know how strong she is until she gets in hot water.

-Eleanor Roosevelt

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## Recipe of the Month

### Rise 'n Shine English Muffins

**Serving Size:** 1 serving

**Number of Servings:** Serves 8

#### Ingredients

12 ounces fresh mushrooms, sliced (or 4 to 4-1/2 cups)  
2 cups green bell pepper, seeded and chopped  
2 cups yellow onion, chopped  
Egg substitute equivalent to five eggs, or three large eggs and whites of three large eggs  
¾ cup fat-free milk  
¾ cup no-salt-added tomato sauce  
3 teaspoons salt-free dried Italian seasoning, crumbled  
½ teaspoon crushed red pepper flakes  
4 English muffins, halved and toasted  
¼ cup grated Parmesan cheese  
Vegetable cooking spray

#### Directions

Heat a large non-stick pan over medium-high for one minute. Lightly coat with cooking spray. Add mushrooms to the pan and sauté mushrooms until soft, about four minutes. Add bell pepper and onion and sauté the mixture for four to five minutes. As the ingredients in the skillet are cooking, whisk together eggs and milk in a small bowl. Reduce heat to medium and add egg mixture to vegetables. Cook until eggs are set, stirring occasionally with a spatula. Remove from heat. Meanwhile, combine tomato sauce, Italian seasoning, and red pepper flakes in a small bowl. Spread approximately two tablespoons of tomato mixture on each muffin half. Top with vegetable/egg mixture and sprinkle with Parmesan cheese.

**Nutrition Info:** Calories: 177; Fat: 3.0g

## June Promotion

From the 1<sup>st</sup> June until 30<sup>th</sup> June 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 can have a **FREE WEEK!!!**

So come on ladies everyone knows someone who wants to Fight the Flab this summer and wave goodbye to those fat pants!!

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.**