

Race for Life

Cancer Research UK's Race for Life is the largest women-only fundraising event in the UK.

Since 1994, women of all ages and fitness levels across the UK have come together at these inspiring events to walk, jog or run 5k (3miles) to help beat cancer.

Some take part in the celebration of surviving a cancer experience. Others take part in memory of a loved one or to give hope to a cancer-free future.

Every pound raised in sponsorship or fundraising helps to fund the work of over 4,500 researchers, doctors and nurses dedicated to helping more people beat cancer.

Timperley will be taking part in the Wythenshawe Race for Life on Sunday 6th June at 11am. Sponsorship is not compulsory although for those who cannot take part in this years event we do have a team sponsorship bucket that all proceeds will be for Breast Cancer Care.

Ladies Lunch

One of our members, who have been with us since 2006, is kindly organising another Ladies Lunch to be held on the 18th June. The lunch will be held in the Quarry Bank at 1pm. See notice board to write your name down.



My Curves.com

MyCurves.com, filled with health information, recipes and tools to help you succeed, ask a member of staff for our Club's Access Code.

Reminders Change of Shoes

For Health and Safety reasons, we want to ensure you have a safe enjoyable workout and aim to maintain secure, clean and non-slippery surfaces for all our members to workout on. So please change into clean, dry indoor shoes before your workout. Thank you.

LOCAL RECOMMENDED BUSINESSES

Prestbury Travel in Hale

For all your holiday booking needs see Prestbury travel and claim an extra 5% off each holiday for Curves Members.
Call 0161 233 0808

Harmonious Solutions

Lacking motivation and stuck in a rut? Sleeping badly and don't know why? Then contact Harmonious Solutions in order to bring beneficial changes into your life.
Call 0161 962 3745

30 Day Challenge

Our 30day challenge is now over well done to everyone who has taken part.
Prizes now up for grabs....

- ❖ If you have worked out at least 12 times in the Month of May then see staff to collect your Curves Nail File.
- ❖ If you have lost 2lbs and/or 2 inches then see staff to collect your Curves Water Bottle.
- ❖ If you have done all of the above and more than 14 workouts then see staff to collect your Nail File, Water Bottle and Curves Purple Bag!

Curves Walking Group

For the month of June we are starting a walking group 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.

If the walking group is a success we will be continuing it for the summer months.

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 May:

Top Weight loss/inches

- 1st: Janice W** -10lbs and – 13.25 inches
2nd: Katy S – 7.50 lbs and – 4.50 inches
3rd: Julie C -6.00 lbs and – 8.00 inches

Well done also this month to **Mina E**- 6 pounds and 3.25 Inches, **Rosalie C** -6.00 pounds and 1.50 Inches, **Barbara T**– 5.50 pounds and 9.00 Inches, **Jackie R**– 5.00 pounds and 6.25 inches.

Top Attendees:

Well done to Jackie R, Jane M, Mina E, Nicola O, Janice W, Margaret G and Louise B with 17 (plus) workouts! Fantastic!!!!

The club's total weight loss this month was 185 Pounds (13st 3.00bs) and 243.75 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

You may only be someone in the world, but to someone else, you may be the world.

Unknown

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

Information of the Month

Blood Pressure!

When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes.

What do the numbers mean?

Every blood pressure reading consists of two numbers or levels. They are shown as one number on top of the other.

The first (or top) number is your **systolic** blood pressure. It is the highest level your blood pressure reaches when your heart beats.

The second (or bottom) number is your **diastolic** blood pressure. It is the lowest level your blood pressure reaches as your heart relaxes between beats

How to lower your blood pressure:

An unhealthy lifestyle will raise your blood pressure over time. And the higher your blood pressure becomes, the higher your risk of having a stroke or heart attack in the future.

But the good news is that if you have high blood pressure, healthy changes will help to bring it down. And you don't have to wait until you have high blood pressure to make healthy lifestyle changes. The more you can reduce your blood pressure, the lower your risk of a heart attack or stroke will be.

Blood Pressure and Exercise - Get more active

Being moderately active for 30 minutes five times a week can keep your heart healthy, and can lower your blood pressure. If you can't find 30 minutes in your day, increasing your activity by even a small amount can help.

Any activity that leaves you feeling warm and slightly out of breath is ideal.



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!!

Please see staff if you are interested in donating some books.

Many Thanks x

June Promotion

From 1st June until 18th July, new members can join and get 50% off the service fee and their first 30days **free!!**
Ask staff for more details.

Tell all your friends, family and co-workers about our great offer!

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.