

Curves

Timperley Monthly
Newsletter

March 2010

CHANGE FOR LIFE -LETS DANCE!!

The Department of Health and the FIA's Change4Life Campaign are launching a new LET'S DANCE Change4Life initiative in the first week of March 2010. Our club will be boogey-woogying on the circuit with our fitness coaches and enjoying learning some new moves!!!

As part of this Initiative, we are so excited to announce our

CURVES OPEN DAY!! Saturday 6th March

The club will be open to all non-members who would love to come and see what goes on at Curves.

Ask all women you know to contact the club, as we will also be offering a free workout as part of the Open Day package (contact the club to arrange). *Amazing!!*

STREET DANCE/DISCO

SALSA

**BE A PART OF CHANGE4LIFE BY
CHANGING THE LIFE OF OTHER
WOMEN. SPREAD THE CURVES WORD.**

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 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.

So far, an incredible 4.7 million women have raised over £370 million to fund Cancer Research UK's life-saving work.

Timperley will be taking part in the Wythenshawe Race for Life on Sunday 6th June at 11am. Registration fee is £12.00 and must be paid to a member of staff before you

LOCAL RECOMMENDED BUSINESSES

Cheshire Bridal Wear

Also presents Ruby Prom Gowns, in a wide choice of colours, in sizes 0-22.
8A Goose Green, Altrincham.
Telephone: 0161 927 9393

Brooklands Maintenance Services

Specializing in Kitchens, Bathrooms,
Decorating, Plastering and much more!

FOOD DRIVE

It is that time of year again! Our annual Food Drive!!

Last year was such a success we want to do better than it.
We collected **2012** Pounds which is **143** Stone and **10** Pounds worth of food.

This year we are again collecting for The Salvation Army.

Any New Members that join **1st – 14th** March will be able to **JOIN for FREE**. If they donate at least two bags of Non – Perishable food. It's that easy.

But of course all of our members can help us collect food and beat last year's total!

Foods that The Salvation Army would like to receive will be displayed within the club so please see the posters for details.

So help us help your community and let's make this the best Food Drive Ever!!



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

Website: 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 THURSDAY 20 SPACES ONLY!

Places must be secured in advance

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

PI FASE NOTE-

Results for the Month of Feb:

Top Weight loss/inches

- 1st: Akeela H** -12.50 lbs and – 10.25 inches
2nd: Nicola D – 11.00 lbs and – 11.00 inches
3rd: Davina O -9.50 lbs and – 8.75 inches

Well done also this month to **Kate B** -7.00 pounds and - 0.75 Inches, **Katy S**– 6.00 pounds and - 7.75 Inches, **Gillian M** - 6.00 pounds and – 5.25 inches.

Top Attendees:

Well done to Angela B, Mandy K, Louise M, Jan C, Judith C and Margaret G with 16 (plus) workouts! Fantastic!!!!

The club's total weight loss this month was 195.50 Pounds (13st 13.50bs) and 218 Inches!!

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



Thought of the Month

Many people will walk in and out of your life, but only true friends will leave footprints on your heart.

- Eleanor Roosevelt

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Recipe of the Month

Coriander-crustured pork with sweet & sour cabbage



Ingredients:

- ¼ small head of Red Cabbage, thinly sliced
- 1 red onion, halved and sliced
- 2 tbsp of red wine vinegar
- 1 tbsp of unrefined brown sugar
- Olive oil
- 300g pork shoulder steaks, trimmed of all fat, cut into pieces
- 1 tsp whole coriander seeds, crushed.

Method:

1. Heat the oven to 200C/fan 180C/gas 6. Toss together the cabbage and onions together in a large baking tray. Mix the vinegar, sugar, 1 tbsp oil and season. Pour half over the cabbage and add the rest to the pork shoulder. Mix the cabbage well, sit the meat on top, sprinkle over the coriander seeds and season everything.
2. Bake for 25 minutes or until the pork is tender.

Per serving

293 calories, protein 34.2g, carbohydrate 12.4g, fat



Curves Little Library



Ladies we have been very kindly given a Book case and a selection of books from one of our members Carole. We have decided to help out some local charities and offer the books to you at an amazing price of 50p per book. Bargain!!

In the near future we will give you the opportunity to donate some books to the Library. Please see staff if you are interested in donating some books.

Many Thanks x

March Promotion

From 1st March – 14th March 2010 we are offering **Join For FREE when you donate 2 bags of food!!**

Tell all your friends, family and co-workers about our great deal and get them shapina up this vear!

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.