

Curves

Timperley Monthly Newsletter

March 2009

Fun in the Club....

We would like to thank Debbie Adcott for coming in on Monday 27th February and providing us with some fantastic belly dancing moves on the circuit. We know everyone who was in had a great time.



February saw Dance-nique week in the club which entailed Salsa, Disco Day, Bums 'n' Tums and technique days. See the notice board for more pictures. Well done to everyone who joined in.



CurvesSmart Tips

We would like to take this opportunity to thank all our CurvesSmart members for their patience during the few teething problems we have had. Just a few notes to make:

- We have had a few ladies feeling faint whilst working out on Smart. Please ensure that you have regular meals, snacks and water and are feeling well before working out.
- If you have upgraded to Smart and have not yet had your Smart appointment, then please see a member of staff.
- The points you get awarded on the kiosk are for various reasons please see the CurvesSmart notice board for more details.
- Make sure you insert your ID tag into the kiosk before starting your workout.

Curves Approved Businesses

This Month sees the new intake of our Curves Approved Businesses. If you would like your Business to be the only Curves approved business in your line of work then, please see a member of staff for more information.

Businesses of the Month

Is your home or business in need of a make over?

For all your Building and Basements Transformations call Colin Byrne on 0161 973 0377 or 07736454182

Question Time:

Each month you take turns in answering some tough questions. This Month Shirley Gould is under the spotlight.

What is your most favorite book ever?

I love Gone with the Wind.

What is the craziest thing you have ever done? I tried smoking when I was 77 years old (Oh Shirley you are naughty)

What do you value most in life? The thing I value most is mine and my families health.

Have you ever met anyone famous before? I have met Terry Waite before.

Congratulations to Shirley and her Husband who have just celebrated their 57th Wedding anniversary.



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

Website: www.curvestimperley.co.uk

Telephone: 0161 903 8444

Curves Annual Food Drive

It is that time again Ladies, where we hold our annual Curves Food Drive 2009.

What is it all about?

This year sees the 11th Annual Food Drive for Curves International, this is a fantastic opportunity for everyone to support their local community. The charity Timperley has chosen to support this year is The Salvation Army. This is an extraordinary charity that helps shelter and feed the homeless and provides opportunities to get back into work.

Who can benefit?

You... Our members can donate non-perishable foods into the club in the month of March which will then be passed onto the Salvation Army.

Non Members... From the 9.03.2009 until 28.03.09 anyone that joins can **Join For FREE** when they donate 2 bags of Non- Perishable food. It really is that simple to make a big difference in someone's life, so do something that will go a long way and donate food and bring a long your friends, families and work colleagues.

Have you ever thought "I wish I could do more?"

Well you can.. Why not do something amazing and donate blood. Last year the National Blood Service collected 2.1 Million donations from around 1.6 million donors. Sounds a lot? Actually it isn't, it is only 4% of the population, giving two or three times a year. You've got about 5 trillion red blood cells in one litre of blood, which means you have on average, 25 trillion red cells running around inside you, although 250 billion of them die every day. So it is unlikely you are going to run out of them. ☺ Unfortunately not enough of us donate blood even though we all know we should do more, as you never know when you might need it, a family member, a friend or a neighbour may need that life saving blood transfusion. So ladies now is your chance to do something amazing and give blood and save someone's life today, Thursday 19th March at Timperley Methodist Church, the National Blood Service will be there Sessions are from 13.30 to 15.30 and 17.30 to 19.30. See the notice board for details.



Thought of the Month

Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

William James

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Recipe of the Month



Fruit and nut bars

These chewy bars are ideal as a snack before exercise or as a healthier alternative to normal biscuits and bars.

Serves 16: Nutritional information, each serving contains:

107 calories

2g protein

15g carbohydrates

4g fat

- 450g (1lb) eating apples, stewed
- 5 tablespoons orange juice
- 225g (8oz) mixed dried fruit
- (e.g. apricots, dates, cranberries, etc), roughly chopped
- 100g (3 1/2oz) mixed nuts
- (e.g. almonds, hazelnuts, etc), chopped
- 75g (2 3/4oz) whole meal self-raising flour
- 25g (1oz) desiccated coconut
- 1 tablespoon oil

Instructions

1. Preheat the oven to 180°C/ 350°F/gas mark 4.
2. Place all the ingredients into a bowl and mix together.
3. Spoon into a lightly greased and lined 20cm square baking tin.
4. Smooth out and press down slightly, then bake for 35–40 minutes, until golden and firm.
5. Mark into 16 pieces.
6. Leave in the tin to cool.

Results for the Month of February:

Top Weight loss/inches

1st: Maria Tait 8 Pounds and 10.50 Inches

2nd: Maureen Kirk 7.5 Pounds and 0.75 Inches

3rd: Alison White 6 Pounds and 3.50 Inches

4th: Irene Gibbons 5.5 Pounds and 0.75 Inches

5th: Lesley Madden 4.5 Pounds and 1.50 Inches

6th: Jane Nottingham 4 Pounds and 5.50 Inches

7th: Kathryn Hickey 4 Pounds and 4.25 Inches

Top Attendees:

Sacha Byrne: **19 Workouts**

Karen Salisbury: **18 Workouts**

Alison Price: **18 Workouts**

Laura McLoughlin: **16 Workouts**

The club's total weight loss this month was 112.00 Pounds and 174.25 Inches. Well done to everyone who got weighed and measured this 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.