

Curves

Timperley Monthly Newsletter

MAY 2009

News in the Club...

Member of the Month....

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

Sacha Byrne

Since Dec has worked so hard & deserves to be rewarded for it! Plus she has lost 5lbs & -7.25 inches. Bonus! You're looking amazing Sacha. Well done for 20 workouts this month!

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

KNOW SOMEONE WHO NEEDS MATHS TUITION?

LEARNER SERVICES

Nisha Sathi B.Sc., P.G.C.E., M.A
01619047815

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.



We would like to wish everyone who has registered for the Race for Life this year the very best and we are so excited to be taking part!

To help you limber up and get ready to complete the course log onto www.raceforlife.org/health-and-training for three different programs from walking, running or if your brave enough running the whole course.

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.

Just a few tips....

- 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 as the tags do not cause back logs it is the individual.
- When coming to the end of your workout please ensure the success coach alerts **THE END** of your workout. This will do so by flashing RED, GREEN AND ORANGE lights. Otherwise this will interfere with your results. Please see staff if you have any questions.

Question Time:

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

What is the best thing that has ever happened to you? The day I met my husband. He has been my best friend for 30 years.

If you had one day left in this world, how would you spend it? With my husband and children, walking in the Lake District.

What is your favorite thing to do on a rainy day? Ironing while watching a good film or listening to music.

What's your favorite movie to watch over and over again? Pretty Woman and Rain Man equally, I have lost count of the number of times I have watched them both.



Curves Quest

Curves Quest begins Tuesday 5th May in club! Our mission is to work together to lose 500 lbs and 500 inches in 8 weeks!!

Planning a holiday? Want to look and feel fantastic?

We can do it!

...With a chance to win the cash prize draw of £50.00 for anyone taking part!

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

Make sure you look out for lots of fun and games going on the club over the next few weeks.



**WATCH THE FIT SCALE IN CLUB
TO SEE HOW FAR AWAY WE ARE FROM FIT
ISLAND!**

Results for the Month of April:

Top Weight loss/inches

1st: Dawn McKeown 8 pounds and 10.75 inches.

2nd: Claire Makin 8.50 pounds and 0.25 inches

3rd: Jacqui Robertson 5 pounds and 4.75 inches

Well done this month to **Claire Waite** 4.50 pounds and 4.00 inches **Eva Bowker** 4 pounds and 1.50 inches, **Maria Tait** 4 pounds and 3.25 inches **Christine Cowen** 4 pounds and 2.75 inches, **Elaine Davies** 4 pounds and 2.00 inches, **Nishana Ijas** 3.50 pounds and 4.00 inches, **Gillian Maguire** 3.50 pounds and 6.50 inches and **Carol Nicholls** 3.50 pounds and 0.50 Inches.

Top Attendees:

Well done to Sarah Chapman, Karen Salisbury, Sacha Byrne and Margaret Graham who were the top attendees this month. Well Done to Jacqui who got the double.

The club's total weight loss this month was 126.50 Pounds and 211.50 Inches. Well done to everyone who got weighed and measured this month.

Thought of the Month

"If you can't give anything, you should not complain when you receive nothing."

Prabhjot Singh Khurana --- India

Curves of Timperley

Paul House, Stockport Road WA15 7UQ

Website: www.curvestimperley.co.uk

Telephone: 0161 903 8444

Recipe of the Month

Pasta salad with sun-dried tomatoes, rocket and walnuts



Serves: 1

Prep: 10 min, plus soaking

Cook: 10 min

Ingredients

60g pasta

3 [Sun-dried tomatoes](#)

1 tbsp low fat fromage frais

1 tbsp grated [Parmesan](#)

pinch dried [Basil](#)

pinch [Oregano](#)

handful watercress or [Rocket](#)

15g [Walnuts](#)

Method

1. Cook the pasta following package directions.
2. Meanwhile, put the sun-dried tomatoes in a bowl and just cover with boiling water. Set aside to rehydrate for 10 minutes, then chop into 1cm pieces.
3. Once the pasta is cooked and drained, stir in the rest of the ingredients. This can be served warm or at room temperature.

May Promotion

From the 1st April until 30th May 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 are able to split that between two people. That means they can join for only £37 each!!

So come on ladies everyone knows someone who is tired of squeezing into those favourite jeans or dreads the thought of summer looming with that bikini getting closer to hitting the beach??

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.