

# Curves

## Timperley Monthly Newsletter

### Nov 2008

### Breast Cancer Awareness Month

This month marked our Breast Cancer Awareness Month and what a month it was!!

To mark this occasion we decided together with Genesis we would hold a Breast Cancer Awareness walk '**Keep Fit and Pink**' To our delight this was a huge success with around 70 members including their families and even some dogs taking to the streets of Timperley in aid of this fantastic cause. On the day we to had trek around Timperley and then it was back to the club for Tea/ Coffee and even some cake!! ☺ We managed to raise just over £1000 (total recorded on the newsletter going to print). We would like to Thank Everyone who took part and for your generosity within the club to help us raise such a fantastic amount. **Well Done Curves Timperley!!**



**Genesis**  
creating a future without breast cancer

### Businesses of the Month

#### Streetwise IT Services

For *all* your computer needs, Streetwise IT Services provide a great range of services from Broadband Setups and Upgrades, to Repairs, Virus Removals and simply getting you online. Call 07900436824 or visit [www.streetwise-it.co.uk](http://www.streetwise-it.co.uk)

#### The Curtain Doctor

With over 25 years experience The Curtain Doctor can tailor to all your needs from Dry Cleaning, repairing curtains, Alterations and made to measure services also available, so call on The Curtain Doctor today!! Call Philip on 07957294616.

### Attention Ladies

As we fast approach the cold winter months we need to stress the need for Health and Safety. Please ensure your Footwear on the circuit is **Clean** and **Dry** to prevent any accidents and ensure hygiene while working out. Remember, Keep yourself seen in the dark, park in well-lit areas and take care when you're out and about.

### Question Time:

Each month we take turns in answering some tough questions. This Month Toni - Leigh is under the spotlight.

#### **What has been your greatest achievement?**

Having my beautiful baby girl Tiana! (Ahh that is so cute!!)And here she is....



#### **You're given 1 million pounds, what do you spend it on?**

My family, new clothes, a holiday, a new car (one that works) *Lots to buy then TL!* ☺

#### **You're about to walk the green mile, what do you have as your last meal?**

It would have to be an Extra Large Meat feast Pizza!! (Oh TL how naughty!!)

#### **If you could live anywhere in the world, where would you live?**

Somewhere that is sunny all year round (Don't we all)

Next Month we put one lucky member through our question time.

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

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

Telephone: 0161 903 8444

## Join now and get the rest of the Year FREE!!

The promotion this month beginning 17<sup>th</sup> November, for new members only is Join now and get November and December for FREE!!

This is a fantastic opportunity to get working on goals for that Little Black Dress in time for Christmas. Get those friends, family and work colleagues working hard to shape up in time for Santa, before those extra pounds creep on over the festive season. For more information please see staff!



## Stop Press Alert....

### Water spells health:

Water flushes out the toxins. A good amount of liquid intake helps the entire system and of course is best for curing skin ailments. The average man needs 2.9 litres, or about 12 cups of water a day, and women need about 2.2 litres. ☺ So increase that water intake ladies!

## Curves Christmas Party...

We have now sorted out a date for our Christmas Party ☺ **Thursday 11<sup>th</sup> December**. Our party is being held at The Cresta Court Hotel Altrincham. On the night there will be a 3 Course Meal (Vegetarian option available) with a drink provided & finished off with Tea & Coffee. All of this for only £20.00!! If you are interested or want more information please see staff to purchase your ticket! Payment on purchase of Tickets Please.



### Thought of the Month

"You might have to pay a price if you want to make your life better. But you can also expect to pay a price if you leave things as they are"

*Curves of Timperley*

Paul House, Stockport Road WA15 7UQ

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

Telephone: 0161 903 8444

## Recipe of the Month

Yes this is one for all you Delia Smith's out there, every month we will include a tasty recipe for you to try out at home. If you want one of your favourite recipes featured please let us share even those secret ingredients! This month's recipe comes from My Curves.

### Beef and Vegetable Stew

**Prep Time:** 30 minutes

**Serving Size:** per serving

**Number of Servings:** 8 servings

**Special Notes:** Cook time: 7 to 9 hours in Crockpot  
**Ingredients**

2 pounds lean beef stew meat  
1 Tbsp. olive oil  
1 onion, sliced thinly  
1 green pepper, julienne sliced  
6 celery stalks, sliced  
4 cups baby carrots  
3 cloves garlic, minced  
1 cup V-8 juice  
1 Tsp. Heinz 57 steak sauce  
1 Tsp Worcestershire sauce  
1/4 cup red wine  
1/2 cup beef broth  
1 Tsp. dried parsley flakes  
1 Tbsp. cornstarch

**Directions:** Brown beef in olive oil. Place meat and drippings in a large crock pot. Place vegetables on top of meat. Mix liquid ingredients and parsley and pour into crock pot. Cook on high for 7 to 9 hours. One hour before serving, mix cornstarch with 1 Tbsp. water, stir until smooth. Stir into stew and mix well. Before serving, taste and adjust seasonings, if necessary

**Nutrition Info:** Calories: 280; Fat: 14.0g; Saturated Fat: 5.0g; Protein: 24g; Carbohydrates: 13g; Fibre: 3g

### Results for the Month of October:

#### Top Weight loss/inches

**1st:** Emma Deighton Brown lost 6.75 inches and 9 lbs

**2nd:** Dorothy Foster lost 8.75 inches and 8.50 lbs

**3rd:** Alison Price lost 4.75 inches and 8.50 lbs

#### Top Attendee:

Carol Nicholls: **24 Workouts**

Alison Price: **22 Workouts**

Mandy Kelly, Jayne McAllister and Jan Franks: **19 Workouts**

This month Curves Timperley all together lost **11stone and 2 ½ Pounds** and **269 Inches!!! WOW!!** Well done to everyone who got Weighed & Measured this month!

#### 6 Week Solution Week 4 Results:

We have had some fantastic results this time around. The total recorded at the time of the newsletter going to print was **3 Stone** and **10 ½ lbs** and **53.50 Inches**. Well Done ladies. Keep up the Amazing work!!

**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.**