

Curves

Timperley Monthly Newsletter

October 09

Breast Cancer



Breast Cancer Care

Being breast aware

Whatever your age, size or shape it's important to take care of your breasts. Breast cancer is the most common cancer in the UK, so it's important to look after your breasts by being breast aware.

Being breast aware is an important part of caring for your body. It means getting to know how your breasts look and feel, so you know what is normal for you. You can then feel more confident about noticing any unusual changes.

How do I check my breasts?

There's no right or wrong way to check your breasts. Try to get used to looking at and feeling your breasts regularly. You can do this in the bath or shower, when you use body lotion, or when you get dressed. There's really no need to change your everyday routine. Just decide what you are comfortable with and what suits you best.

Remember to check all parts of your breast, your armpits and up to your collarbone.

The breast awareness 5-point code

1. Know what is normal for you
2. Know what changes to look and feel for
3. Look and feel
4. Report any changes to your GP without delay
5. Attend routine breast screening if you are aged 50 or over

So Ladies Please make Breast Checks part of your routines, early detections saves lives!



Breast Cancer Care

October is National Breast Cancer Awareness month.

So here at Curves we are doing as much as we can to raise vital funds to support research and increase awareness.

BRA RECLCYING

Help Curves raise money for Breast Cancer Care by donating your old ratty tatty over the shoulder boulder holders!!!

During the month of October we want all of your old bras!

For every kilo we collect (approx 17 bras) BCR Global will donate £1 to Breast Cancer Care.

We have lots of things happening within the club so make sure you put them all in your diaries!! **With many more surprises a long the way...**

Mon 5th October: Bone Density Testing.
Tina's Nails: File & Polish 9 – 10am

Wed 7th October: Machine Drive
Evening: Reflexology sessions.

Fri 9th October: Coffee Morning everyone must wear **PINK!!**

Mon 12th Oct: Reflexology session.
Evening: Surinder's Eyebrow Threading.

Tue 13th Oct: **Barbie BOOTCAMP!!**
Everyone must wear **PINK!**

Wed 14th Oct: Reflexology Session

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LIV Aid

Curves we are dedicated to raise awareness for all our members including their families and friends. Therefore Curves have made available a unique product promoted by Olivia Newton-John (a breast cancer survivor herself).

This product is called Liv Aid and is like a magnifying glass for your fingers. *"The Liv Aid greatly enhances a woman's ability in detecting an abnormality, which in many cases will lead to early detection and better chance for a cure"* Ernie Bodai M.D, F.A.C.S Director of Breast Health Services for America's leading integrated health plan.

In order to get hold of one of these Liv Aid kits:

- If you are already a Curves Member is providing 3 names and numbers of friends, family or co-workers **or** Bringing in a recent mammogram.
- For non-members they can receive a free Liv Kit for those who receive a Fitness Assessment.

Please see staff for more information and a demonstration on how this breakthrough product works.

Results for the Month of Sept:

Top Weight loss/inches

- 1st: Margaret Graham** -8lbs and -6.25 inches
2nd: Joanna Teague -5lbs and -1.50 inches
3rd: Gail Yarwood - 4.50lbs and -1.25 inches

Well done also this month to **Michelle Woody** -4 pounds and -1.50 inches, **Gemma Leigh** -3.50 pounds and -3.75 inches and **Beryl Tingley** -3 pounds and -1.25 inches.

Top Attendees:

Well done to Sharon Chamberlain, Jayne Faupel, Nancy Antrobus, Margaret Graham, Michelle Gallagher, Mary Chaddock and Sue Brooks, who were the top attendees this month, with 18 (+plus) workouts! Brilliant!

The club's total weight loss this month was 105.50 Pounds (7st 2lb) and 150.00 Inches. Fantastic!!

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

Thought of the Month

You start out happy that you have no hips or boobs. All of a sudden you get them, and it feels sloppy. Then just when you start liking them, they start drooping.

Cindy Crawford

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Recipe of the Pink Month



Raspberry Ruby Cheesecake (recipe makes 1)

For the crust:

- 3 digestive cookies, crushed
- 2 tsp butter, melted
- 1 tsp brown sugar

For the raspberry cheese:

- 1/3 of a 250g tub of cream cheese
- 6 raspberries, mashed
- 1 tbs sugar
- 1 tsp flour
- 2 tsp egg white

For the topping:

- ¼ cup lychee juice
- ¼ cup pomegranate juice
- ½ cup water
- 2 tbs sugar
- ½ packet gelatine powder

1. Mix the melted butter and sugar into the cookie crumbs, and push firmly into bottom of a small cake ring (I used a square cookie cutter). Bake for 10 minutes at 350 degrees.
2. When cool, slide crust out of mould and set aside.
3. Beat all ingredients for the cheese till combined, and pour into greased mould. Bake for 30 minutes in a 350-degree oven.
4. Meanwhile, combine topping ingredients in a small pan and heat on high, stirring, till gelatine and sugar have dissolved. Pour into a bowl and leave it to set in the fridge.
5. When the jelly has set, mix it up with a fork into rough chunks.
6. When the cheese has baked, allow it to cool and deflate before attempting to remove it from the mould.
7. To assemble, set cheese on crust and top with jelly chunks. Garnish with white chocolate curls if desired, or serve with a chocolate sauce if you like your desserts really sweet.

October Promotion

From the 5th – 18th October 2009 your friends and family can join Curves for **FREE!!** When they donate a minimum of £20.00 to Breast Cancer Care, this year we are supporting Genesis, who works endlessly hard to prevent Breast Cancer.

Ask everyone you know to give us a call to get started, lets raise as much as money as we can!

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.