

Curves

Timperley Monthly Newsletter

Oct 2008

Keep Fit, Keep Pink

Ladies this month we are joining forces with Genesis in order to raise vital awareness in order to prevent Breast Cancer. Genesis suited at Wythenshawe Hospital it was Europe's First Purpose Built Breast Cancer Prevention Centre. At the centre Breast Cancer specialists and scientists in Manchester believe that prevention and early diagnosis may hold the key to improving prospect for the next generation.

Therefore Curves is helping The Genesis Appeal raise awareness by holding an:

Awareness Walk

On Wednesday 29th October 2008.

The walk will begin at Curves and walk along a specially designed route and return to Curves, where you will have the opportunity to have Tea/Coffee a piece of cake! **Oh how can you miss!!**

Participants will meet at Curves at **9am** and after a quick photo for the Curves Album, we will commence the walk at **9.15am**. Everyone is welcome, friends, family and children. Please wear Pink on the day!

On the day Betty & Belle will be here, offering FREE Bra Fitting service to all participants of the walk. An opportunity not to be missed!

If you are interested in helping us support this fantastic charity, then please register your name with a staff member to receive more information. We would like as many members as possible to help us with this extremely important cause.



Has Breast Cancer affected you?

Ladies, we would love to hear your story. Can you give strength to other ladies? Please see a staff member to share your experience, strength and courage. Help us help others! This is completely anonymous.

Businesses of the Month

Deborah's Apothecary
Herbal tea's prepared by our Medical Herbalist to help with Indigestion, Stress and Promoting restful Sleep.

Ladies Self Defence

Specially designed courses for the normal woman, teaching simple techniques with the use of everyday items such as contents of a Ladies Handbag.

For more information on Curves Approved Businesses please see the notice board. Want your business Curves Approved then please see Kay for more details.

Question Time:

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

When you were a little girl, what was your favorite toy?

I had lots of Polly Pockets ☺

Do you have a nickname?

Woozy Doo Because I was the first girl in the family, named by my Dad.

What was the last film you saw at the cinema?

Sister Hood of the traveling pants 2 (With my little cousins) Yea we believe you Hannah! ☺

Describe yourself in three words?

Talkative, Loud and Happy (That sums you up pretty well Woo!)

What TV Show would you send to Room 101?

Anything with Russell Brand in it! (We take it you don't like him then?)

Next Month we put Toni- Leigh through our question time.

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

Website: www.curvestimperley.co.uk

Telephone: 0161 903 8444

LIV Aid

This month see's the Breast Cancer Awareness Month. Here at 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.

Results for the Month of September:

Top Weight loss/inches

1st: Alison McLay lost 12.75 inches and 7 lbs

2nd: Carmel Byrne lost 4.75 inches and 5.50 lbs

3rd: Barbara White lost 5.75 inches and 4 lbs

Top Attendee:

Judith Cooke **20 Workouts**

Sarah Chapman **19 Workouts**

Jayne McAllister **18 Workouts**

Well Done Ladies keep up the fantastic work. Doing your three times a week working hard and following a healthy eating plan pays off!

Curves Christmas Party...

Ladies would you like the opportunity to get your glad rags on and party??

We have teamed up with the Cresta Court Hotel Altrincham, with an idea of holding our very own Christmas party. On the night there would be a 3 course meal followed by music and dancing all this for only £20!! If you would be interested please see a member of staff to show your interest and for more information. This is a chance to relax, unwind and party with the girls!!

Thought of the Month

Success is the sum of small efforts, repeated day in and day out.

Robert Collier

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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. This Month is one for those cold winter nights **Roasted Red Pepper Soup:**

Ingredients

3 Tbsp. olive oil

4 leeks, white parts only, cleaned and thinly sliced

5 cups low-fat, reduced-sodium chicken broth (vegetable broth can be substituted)

2 sweet potatoes, peeled and chopped

1 12-oz. jar roasted red peppers, packed in water, drained

1/4 cup chopped fresh dill

2 Tsp. dried oregano

Directions

In a large saucepan over medium heat, warm oil. Sauté leeks until tender. Add broth, sweet potatoes, and peppers. Cook until potatoes are soft, about 15 minutes. Allow soup to cool about 10 minutes and then puree in a blender or food processor. Return soup to saucepan and stir in dill and oregano.

Nutrition Info:

Calories: 230; Fat: 11.0g; Saturated Fat: 1.5g; Protein: 7g; Carbohydrates: 24g

Prep Time: Approx 30 minutes

Serving Size: per serving

Number of Servings: 4 servings

My Curves

Ladies are you aware of the great tool that you can take advantage known as **My Curves?**

My Curves is fantastic website for Curves Members only! My Curves includes:

- Your very own Journal to help monitor your progress.
- Contests and promotions.
- Curves Community, share you experiences with Curves members worldwide.
- Curves very own magazine The Diane Magazine.
- Health & Wellness including the Workout, 6 Week Solution and healthy living.
- Tools and Resources, including calculating your own BMI and calorie burner calculator.
- 100's and 100's of tasty recipes for you to whip up and try out.

All you need to do is access the internet and go onto www.mycurves.com and register your access code is **TZ645J** for Curves Timperley Members.

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.