

Curves Timperley Monthly Newsletter

September 09

Change 4 Life



moreactive4life

As part of the government's Change4life campaign to get our country active, we have been so happy to welcome new members who have proven that they can get active by exercising at Curves- and receive the benefits!

Congratulations to everyone who is joining after their 6 week taster membership.

We've seen some great health results already and some great losses too!

Well done to...

Sally J lost -1st 13lbs & -15" **Jennifer R lost**- 5lbs & -5"
Lesley D lost -6lbs & -8.75" **Nancy A lost** -4lbs & -3.5"

...plus so more ladies who have and are continuing to achieve fantastic results and reach their goals!

LADIES PLEASE MAKE SURE THAT YOU BOOK IN YOUR PROGRESS REVIEW WITH A MEMBER OF STAFF BEFORE THE END OF YOUR 6 WEEKS.
WE HOPE TO SEE YOU ALL CONTINUING YOUR WORKOUTS !!

MEMBER TESTIMONIAL

We want to hear from you

Over the past month we have been collecting data to see the fantastic health benefits our members are achieving. We want to compose a number of testimonials written by YOU, to give encouragement to other women who suffer from particular health complaints such as high blood pressure, stress, arthritis and asthma, so that they can see the results you have.
If you would be happy to share your story so far please see a member of staff on your next workout.

Question Time:

Each month you take turns in answering some fun questions. This Month it is Jayne McAllister under the spotlight.

What makes you smile the most?

If you could rule the world for a day, what would be the first thing you'd do?

The funniest film you've seen?

Who is your biggest inspiration & why?

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Website: www.curvestimperley.co.uk

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Recipe of the Month



Salmon Cakes Salad

Prep Time: Approx 30 minutes

Serving Size: per serving

Number of Servings: 4 servings

Ingredients

2 14-oz. cans salmon with bones, drained
2 egg whites, beaten
1/3 cup Italian bread crumbs
1 Tbsp. Old Bay Seasoning
A few drops of hot sauce
2 Tbsp. chopped fresh flat-leaf parsley
3/4 Tbsp. roasted red pepper, from a jar, drained
Salt and freshly ground blackpepper, to taste
1 Tbsp. canola oil
1 head lettuce, coarsely chopped
1 head endive, sliced
1 romaine heart, chopped
2 cups baby spinach leaves (just over 1/4 lb.)
1 navel orange, peeled and chopped
1/2 small red onion, thinly sliced
1 Tbsp. grated orange zest
3 Tbsp. red wine vinegar
1/4 - 1/3 cup extra-virgin olive oil

Directions

Preheat oven to 375°F. Heat a medium ovenproof skillet over medium-high heat. Make the salmon cakes: Combine salmon, egg whites, bread crumbs, Old Bay Seasoning, hot sauce, parsley, roasted red pepper, salt, and pepper. Form mixture into four 1"-thick patties. Pour canola oil into hot pan. Add patties and cook a minute or two on each side, then transfer to oven and bake 8 minutes. Make the salad: Combine salad greens, orange, and onion in a salad bowl. Combine orange zest and vinegar in a small bowl. Whisk in olive oil to desired bite and consistency. Dress and toss salad. Season with salt and pepper. Divide among four plates. Top salads with warm salmon cakes.

Results for the Month of Sept:

Top Weight loss/inches

1st: Sally Jones -1st 13lbs and -15 inches
2nd: Jackie Robertson -9lbs and -6 inches
3rd: Gail Yarwood -8lbs and -3.5 inches

Well done also this month to **Gemma Leigh** -7 pounds and -6.75 inches, **Gillian Ward** -6 pounds and -6.50 inches and **Liz lees** -5 pounds and -3.75 inches

Top Attendees:

Well done to Jackie Robertson, Jayne Faupel, Judith Cooke, Margaret Graham, Jose Anderson and Jenny Oakey, who were the top attendees this month, with 16 (+plus) workouts! Brilliant!

The club's total weight loss this month was 155 Pounds (11st 1lb) and 217.75 Inches. Fantastic!!

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

Thought of the Month

"To love what you do and feel that it matters- how could anything be more fun?"

-Katherine Graham

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October Promotion

From the 1st September 2009 your friends and family can join Curves for **half price!!** We are offering all new members 50% service fee.

Please encourage more women to keep active!!

Ask everyone you know to give us a call to get started!

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.