

# Curves

## Timperley Monthly Newsletter

### Sept 2008

### Curves 6 Week Solution

Many women have a list of diets they've tried over the years and the one thing all these diets have in common is that they often fail. Why? They leave you hungry and deprived, and they slow your metabolism, setting you up for a never-ending cycle of yo-yo dieting. The Curves 6 Week Solution changes all that.

#### It Revs Your Metabolism

This is perhaps the most significant aspect of the Curves weight-loss plan, and it's what allows you ultimately to be delivered from dieting for good. With a higher metabolism, you burn more calories all day long - even when you're sitting on the couch. The Curves plan raises your metabolism through eating - yes eating - and strength training, which builds calorie-burning muscle.

#### It Allows You to Eat

On the Curves plan you eat all day long - five small meals rather than three large ones. This helps keep you from feeling hungry even during the low-calorie phase of the plan, which lasts only one week, and it keeps your metabolism revved. Once you reach a plateau in your weight-loss efforts, you eat more, not less, to kick your metabolism into a higher gear.

**Permanent Results without Permanent Dieting** the real magic of this program lies in the fact that it helps keep metabolism high as it helps you drop pounds. You often reach your goal weight with a higher metabolism than you had when you began. And if your metabolism does diminish from significant weight loss, Curves has a method to raise it without regaining weight. The payoff? Dieting ends - for good. You'll be able to eat as much as 2,000 to 2,500 calories a day.

Past Results have seen Caroline to date losing an Amazing **2 Stone 7 Pounds** and **16.50 Inches**. Also Christine who lost a fantastic **9 Pounds** and **16.25 Inches**

But don't take it from us. Enroll in the Curves 6 Week Solution, a unique nutrition program with small, intimate classes where you'll learn to lose weight and keep it off for good. To set up your free appointment Call 0161 903 844 or please see staff for more details.

### Curves Open Day

We are holding an Open Day on **Wednesday 10<sup>th</sup> Sept** from 9am – 8pm, this is a chance for all your friends, colleagues, neighbour's to come along and take advantage of a great discount. On the 10<sup>th</sup> of Sept **ONLY** will be offering anyone who comes along to *Curves Timperley* only a opportunity to Join Curves For FREE!!

That means they will save £119. All they have to do is call in to see us, register their name in order to benefit from the discount it's that simple! ☺ Soon they can enjoy the benefits of Curves. For more information please ask a member of staff.

#### Question Time:

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

***If you were stuck on a desert island, what would be the 2 items you'd take with you?***

1. Stuart so I would have someone to love me.
2. Food

***What is your favorite Irish saying?***

Right to Be! (Meaning OK to all us English ones)

***What is your favorite song?***

Oasis – Slide Away

***If you weren't Irish what nationality would you like to be?***

Would have to be Italian as they have lovely language ☺

***Who is your Idol?***

Would definitely have to be my Mum (How Cute!)

Next Month we put Hannah 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

## ATTENTION NOTICE TO ALL MEMBERS!

May we take this opportunity to highlight the importance of hygiene please be aware that exercise may cause body odour and sweating so please take this into consideration while working out and help us keep the club clean and fresh.

Please can everyone now take **their trainers home** from this month on. This is due to hygiene reasons within the club, after the 22<sup>nd</sup> September all trainers still left in the club will be removed and placed in a bag until the end of September after this they will be disposed of. We would be grateful for everyone's co-operation in this matter.



Results for the Month of August:

*Top Weight loss/inches*

- 1st:** Chris Capper lost 8.00 inches and 9 lbs  
**2nd:** Caroline Hickey lost 6.75 inches and 4 lbs  
**3rd:** Sharon Guest lost 3.00 inches and 5 lbs

*Top Attendee:*

Karen Salisbury **18 Workouts**

Diana Farragher **16 Workouts**

Carol Nichols **16 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!

### Back To School

Kick start your weight loss and come and pick up your report card to monitor your progress for the month of September at the school of Curvettes. Your tutors are ready and waiting to help you gain an A\* body!! This is a fantastic way to loose those summer pounds.



### Thought of the Month

All our dreams can come true, if we have the courage to pursue them.

**Walt Disney**

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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! When you make it take a picture so we can share it with everyone. This Month is one for those long lunches or some quick on the go...

Creamy Chicken & Tender Pasta, tossed with sweet cherry tomatoes & steamed spinach, it's full of flavour and a great way to get kids to eat their veggies.

#### Ingredients:

- 1 pack of dry penne pasta
- 4 Skinless, boneless chicken breast halves, cut into 1 inch strips
- 1 can chicken broth
- 1 pack of cold cream cheese, cubed
- 1 pack of frozen spinach, thawed and drained
- 10 cherry tomatoes, halved

#### Cooking Instructions:

1. Bring large pot of water to a boil, and stir in penne pasta.
  2. Meanwhile, in a large skillet over medium heat, cook chicken cubes in broth, simmering until done, about 10minutes. Stir in cubed cream cheese and spinach. Return to simmer, and cook 3minutes.
  3. In a large bowl, mix together cooked drained pasta and sauce. Let stand a few minutes before serving.
- For a work lunch place in refrigerator, then pasta can be eaten cold or re-heated.

Preparation Time: 10mins

Cooking Time: 20mins

Calories: 549cals

Serves: 6

Enjoy 😊

### Colour Consultation

On September 15<sup>th</sup> we are having a Colour Consultation here at Curves Timperley. Appointments are limited so first come first serve, however we will have more dates available.

Jane is a qualified stylist and will be offering 1 hour mini colour and style clinics to Curves members only. She will advise on wearing the right tones and shades that will suit you best, as you cannot under estimate the power of colour, it can even out skin tone, make your eyes appear brighter and even slim you down! Learn to dress your body shape with advice on style, or get a more updated look. Here is what a few of Jane's customers have said: *'I feel so much more confident than ever before, I feel I have a new lease of life!'* (Andrea Timperley) *'Shopping is a pleasure and no longer a chore!'* (Sally Altrinham) So for your chance to dress to impress and love your Curves then, please see staff for more details or to book an appointment.

**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.**