

# Happy Easter to all our wonderful members

### 2 for the price of 1

From April 1st, your friends and family can join Curves for half price! We are offering Ladies 50% off our usual joining fee and what's more, they are able to split that fee between two people. That means Ladies can join us for only £37.50 each! Come on girls, surely that's something to tell your friends and family about as we all know that you love a bargain.

### 8 tips for eating well

These practical tips can help you make healthier choices. The two keys to a healthy diet are eating the right amount of food for how active you are and eating a range of foods to make sure you're getting a balanced diet.

A healthy balanced diet contains a variety of types of food, including lots of fruit, vegetables and starchy foods such as wholemeal bread and wholegrain cereals; some protein-rich foods such as meat, fish, eggs and lentils; and some milk and dairy foods.

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish
4. Cut down on saturated fat and sugar
5. Try to eat less salt - no more than 6g a day
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. Don't skip breakfast

### Easter opening Hours

Please be aware Ladies, that we will be closed on Good Friday 2nd April and Easter Monday 5th April open on Saturday 3rd April are as normal. Opening hours will resume again on Tuesday 6th April

### Interesting Facts

Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush. You burn more calories sleeping than you do watching television. Apples, not caffeine, are more efficient at waking you up in the morning.