



## Our Food Drive is Back!!!!

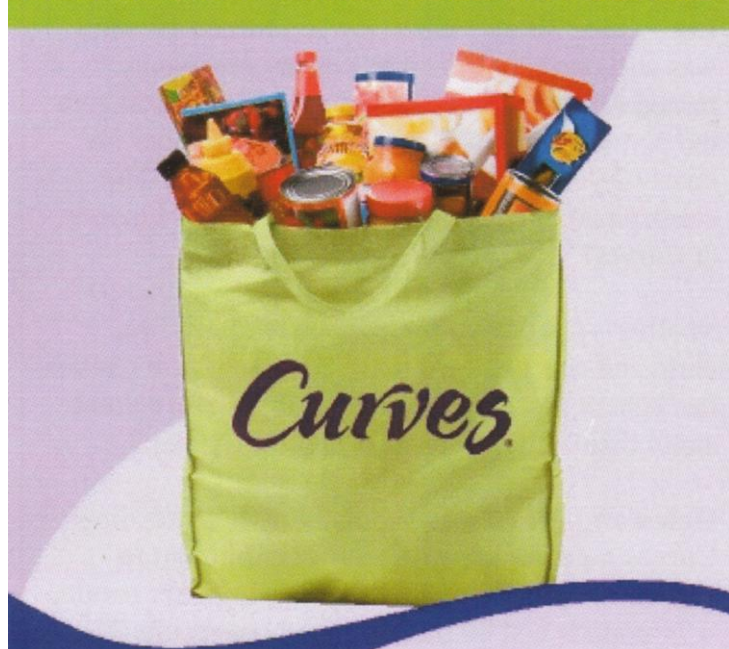
During April we will be taking part in the 13th annual Curves Food Drive to benefit our local Basics bank. We will be waiving our joining fee for any new members who bring in a generous bag of non-perishable groceries and joins between 1st April and 30th April 2011.

The Curves Food Drive is always exciting. Last year we managed to collect a quarter of a ton of food from donations made by our new member's joining and kind donations made by our existing members.

We are very excited about this years Food Drive and are setting our targets to try and exceed last years amount collected.

We have a chance to help so many people in our community who really need a helping hand at a time when the economy is at such a low.

**JOIN FOR FREE\* WHEN YOU DONATE A  
BAG OF NON PERISHABLE GROCERIES.**



**Help achieve our target of exceeding last years amount and tell friends, work colleagues and family of this fantastic offer being made at Curves Fareham and help raise awareness for those in need as well as a kick starting your fitness regime for that beach bod!!!!!!**

### New Trial opening hours for April

Curves Fareham are please to announce we are extending our opening hours for a trial period starting in April

Monday	9am – 2pm	closed	4pm – 8pm
Tuesday	9am – 1pm	closed	4pm – 7pm <b>Zumba- 7pm-8pm</b>
Wednesday	9am – 2pm	closed	4pm – 8pm
Thursday	9am – 1pm	closed	4pm – 7pm
Friday	9am – 2pm	closed	4pm – 6.30pm <b>Zumba-6:30pm-7pm</b>
	Saturday	9.00 – 11.30	

Please be aware that you must be off the circuit 10 minutes before closing time and we would also like to remind you that these are trial opening hours and may be subject to change after April.

Please remember Ladies to sign in on both the reception and the Curves Smart Kiosk. Also remember to read your screen for any important information

Your comments are always welcome so remember write in our comment book located by the water cooler

### The importance of eating before exercise!

Often we see ladies on the circuit who feel unwell due to not eating for hours. You wouldn't expect your car to start and run without petrol, so you must not expect your bodies to run without fuel either. Eating on an empty stomach can be dangerous. Equally eating too much, or the wrong food, can impair your workout. We would recommend a protein based snack or a carbohydrate snack before working out such as

A hand full of natural nuts  
Protein bar  
Soup and ryvita

Mini baby bell light cheese and cracker  
Fruits such as banana or orange  
Ryvita or bagel and cream cheese

Cereal bar  
Fruit and yoghurt

### Star of the Month



A Big Congratulations to Louise Davies who was nominated as our star of the month for April. Louise Was nominated for all her hard work on the circuit but for also getting involved in all our facilities from Zumba to charity events such as our Red Nose Day photo shoot.

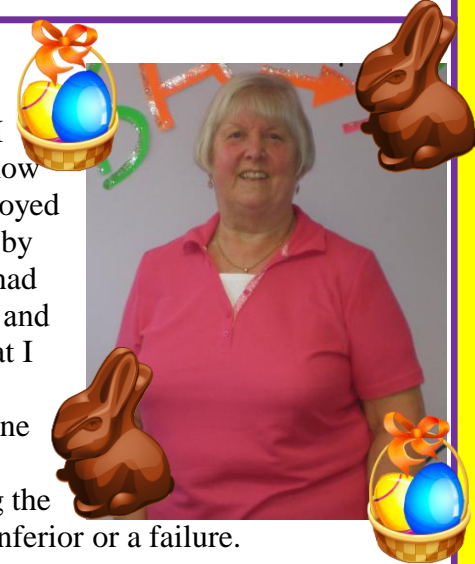
Keep up all your hard work Louise!!!!!!

### Miss Spring

Hello,

My name is Sylvia Dow when I retired my first thoughts were how to reclaim the fitness I once enjoyed and also to improve my health by losing the dreaded weight that had crept on when I wasn't looking and there it was CURVES. Just what I was looking for, exercise and weight management all under one roof, with experienced friendly support staff to guide you along the way without making you feel inferior or a failure.

Since joining Curves in January and starting weight management, I have lost 8lbs in weight, 15 inches and 10lbs of body fat, in previous programmes I wouldn't have achieved that in 6 months!!! I really enjoy being part of the CURVES family, the support given by other members as well as all the staff cannot be measured and adds that extra impetus to do well and achieve your goal.



### Members are kindly reminded of our Curves Rules whilst working out.

Please be aware of other members on the circuit and be courteous to them at all times.

Ensure you change your shoes before working out

Please ensure you are working out in appropriate clothing.

Always ensure you are stretching 10 minutes before closing time.

**Members must ensure to follow the curves workout clockwise**

**Machine hopping is very disruptive and can obstruct other members during their workouts.**

Don't forget to check out our Members board at reception to find out what is happening this month in the club.

Curves Fareham 157a West Street,  
Fareham,  
Hampshire,  
PO16 0DZ  
Healthywomen-fareham@btconnect.com

Tel 01329 230304

### Thought of the Month

If love is blind, why is lingerie so popular?