

News Letter August 2009

moreactive4life

As you may or may not be aware, Curves Fareham are promoting the MoreActive4Life campaign. This gives people wishing to join Curves of Fareham the opportunity to use the club for a period of 6 weeks at just £30.00. This offer started Saturday 27th June and finishes on Monday 31st August – make sure you tell your friends and family of this fantastic offer.

The Great South Run - Macmillan Cancer Care Trust

Curves of Fareham have chosen Macmillan Cancer Care Trust as our chosen charity. We are pleased to announce that team “Curves” have entered an all ladies team of 22 for the above charity fundraising event. In our team we have members as young as 16 and our oldest team member of 68. I am sure you will be pleased to know that all participants within team “Curves” have been maintaining regular fitness by working out at their Curves club in Fareham. We need to ensure they live to tell the tale. On a more serious note, I appreciate that we are going through tough times at the moment, however, this is a great opportunity to combine this activity with supporting a charity. Louise Cowdrey, aged 34 who is a niece of one of our Curves members has special needs and was recently diagnosed with breast cancer in January of this year. She has undertaken six treatments of chemotherapy, which has resulted in her losing her beautiful curly hair. Louise has been very brave over the past few months, and has received tremendous support from the Macmillan Cancer Care Trust. This charity is dependant on the charitable donations to continue the excellent work they are involved in. Our Ladies are challenged with trying to collect as much sponsorship as possible. To assist in this we have sent out to local businesses letters requesting donations. We have also set up a website donation address through the Macmillan Cancer Care Trust so that people can donate online www.justgiving.com/curvesfareham. Please support this worthy cause and our team efforts.

Curves introduces our new and improved Weight Management Plan at our new and improved price- FREE

Introducing the Curves Weight Management Plan. Whether you're ready to start losing weight, need to boost your metabolism, or just want to learn more about healthy eating, Curves will be offering a new FREE Weight Management Plan starting in September. Scientists at Texas A&M University have put the Curves Fitness & Weight Management Plan through rigorous tests, scrutinising its effects on hundreds of women just like you. The results? Curves works. Women on the Curves plan have lost weight, boosted their metabolism, lost body fat, gained muscle, and enjoyed other healthy benefits. But don't take it from us. Take the FREE Curves Weight Management classes - a unique nutrition programme where you'll learn to lose weight and keep it off for good. For more information talk to one of our circuit coaches.