



*Business Name*

Issue 4  
February 2009

Remember we are now open Saturdays 9-12pm

***What's happening @ Curves in February***

**ONE MONTH FREE**

***Introduce two new members to Curves & we will give you a month free !***



Fun day is on the 11th February so bring along friends or family to have a free workout with you to see what curves is all about.



Are you joined on our curves smart yet? We have had some fab results with this personal coaching system so if your not signed up for it yet see a member of staff so we can explain about this great programme .

***GO FOR GREEN***

Ladies if you haven't noticed we have poster up in the club advertising our new scheme on curves smart. You are automatically being entered for a weekly draw if you worked out at least 3 times a week and at the end of that week we will pick one of you out to win so make sure you are coming in 3times a week and using your keg tag to scan in with.

***Weight Management***

This month is the start of our weight management program and we would like to wish all our ladies who are participating the best of luck!

We are sure you ladies will really notice the difference!

***MACHINE OF THE WEEK***

You will notice around the circuit we have a little sign with the machines on . This is giving you teaching points on the machine so have a read because this will be changed every week



Our web site is going to be up and running soon so make sure you have a look on there it will have lots of information on our club and members.

*For those who missed the programme do not worry as we will be running another class starting the end of February. See a member of staff for details.*

Welcome to all our new members who joined in January & a big thanks to existing members for all your support since we opened .



# E-MAILS + PHOTOS

Ladies We need your emails and photos we have a great facility at curves so lets use it we need emails so we can send you your monthly print outs and to tell you what's happening at curves and photos so if you would like to



Ladies Toby needs a holiday if any of you are planning a trip away this year please can you bear in mind we

have we have a very cute companion who would love to come with you (no sorry its not George Clooney) But our very own curves travelling puppy called Toby he even has his own passport so if you are interested in helping Toby travel the



Ladies please remember to change your shoes as the equipment and floor pads are getting very mucky which is not very nice for other members working out or staff that have to clean them

## An Apple a day

*Not only are apples full of nutrients, have lots of fibre taste delicious and travel well but they can help you lose weight. Apples are one of the fruits that have high soluble and insoluble fibre pectin elements the urge to eat for up to four hours and will help steady your blood sugars. Also many studies have shown that apples can help in other aspects of health such as preventing heart disease stroke cancer and improving*



Saturday Feb 14th

Valentines Day -come for a workout before your romantic meal!

## A fantastic offer for our curves members

A fantastic company named wet and wild cosmetics who offer high quality cosmetics at affordable prices is offering 20%off to all curves members they have a huge range of cosmetics with prices ranging from 70p upwards

Have a browse at

## Question of the month

*Q-Why has my body fat gone up even though I have lost weight ?*

*A-You need to check out our print out by the*

Well done to all you ladies who have had a great weight and inch loss this month keep it up!!!!

