

## News Letter January 2010

### Join Now and your first month free!!!

We all know someone who has mentioned that they have over indulged over the festive season and now worked their way through all the left-over Christmas cakes, puddings, selection boxes and biscuits. Now they are feeling the effects, with that everyday fight of getting on those trousers or blouses, if only they had a solution they cry!!!!

Well now they do tell everyone you know friends, family, work colleagues and neighbours about the fantastic offer Curves Fareham has for them to take advantage of...

Join now and get their first 30days **FREE!!**

All they have to do is give us a call and arrange their **FREE** tour and Fitness Assessment on 01329 230304

### Water Intake

Water is the best beauty treatment. You've heard this since high school, and it's true. Water will do wonders for your looks! It flushes out impurities in your skin, leaving you with a clear, glowing complexion. It also makes your skin look younger. Skin that is becoming saggy, either due to aging or weight loss, plumps up very nicely when the skin cells are hydrated. In addition, it improves muscle tone. You can lift weights until you're blue in the face, but if your muscles are suffering from a drought, you won't notice a pleasant difference in your appearance. Muscles that have all the water they need contract more easily, making your workout more effective and you'll look much nicer than if you had flabby muscles under sagging skin. So make sure you are getting your daily intake of 2 litres/8 pints. It helps get rid of nasty toxins from your body and helps with weight loss.

## Happy New Year To All Our Members

### Calender Girls for 2009

Each month the team at Curves nominate a member for there fantastic achievements, in our reception area you can read the citations of each of our fantastic ladies.

Why not set yourself a goal of becoming one of our 2010 Girls

Why not call into the club and pick up one of our members only Curves Gazettes. These are produced monthly for our members. They promote health tips and in club promotions.