



**More Active for Life is Back!!**

This month Curves are taking part in the More Active 4 Life scheme. The More Active for Life Scheme is the activity section of the Governments Change4Life campaign.

During July and August brand new members to Curves will undertake a 6 week challenge for just **£39!!**

And can join after for **FREE!!!**

So go on and tell family and friends to make that change and take the first step to eat better, move more and live longer!

**Open day**

We all know one person who wants to change their lifestyle but are unsure how to go about it

Well here at Curves we are holding an open day on the **7<sup>th</sup> July** especially for that certain someone to try our facilities free of charge.

Staff will be available all day to assist with anyone who wants an in depth visit to discuss any concerns they may have. So get out that address book girls and help that someone to change their life the Curves Way.

**Congratulations!!!!!!!!!!!!**

The curvettes would like to congratulate all the ladies who have just reached their 100 and 200 hundred workouts and would also like to say a very big well done to Kay Parker who has completed over 300 workouts since joining us last year. That's over 150 hours!!!!

Lynne Crowest who has worked out 3 times a week since January also deserves a round of applause. Currently she has lost an amazing 8lbs and 11 inches!! So keep up that hard work Lynne.

**Summer slimming recipes.**

Summer slimming recipes are still being collected so hurry and enter your favourite into our competition for us to share with other members