

# Curves

## Curvettes Gazette

### Great News

Thought you could cut down on your workouts over the summer holidays using the kids as an excuse, well **THINK AGAIN!!!!**

Because over the summer holidays this year, Curves is allowing you to bring your Daughters in with you to workout, and the younger ones can watch a DVD while you workout as long as they behave. Oh my god! What have we let ourselves in for, so please see a member of staff for more details.

### Curves Smart FAQ

**Q) What are the points system on curves smart?**

**A)** The points system on curves smart are based on how many times you attend curves and if you reach your targets and if you get weighed and measured every month if you get all this then your points will be higher.

**Q) Why can I not get full range of motion on a certain piece of equipment?**

**A)** You may not be taking the machine all the way out and all the way back in, If you are doing this and still not getting full range then you may need to be re tested on the equipment see staff to do this.

### Curves Productions

Have you had the chance to view our new Curves Products Range, why not take some time out to have a look at our display over in our weight management area or ask one of the circuit coaches for our up to date catalogue which is at reception. Come on Treat yourselves!!



### Rock Around the Clock Dance-a- thon

Hi Ladies, over the past few weeks we have been lining up different dance acts to participate in our Charity event planned for the 12<sup>th</sup> September. Hopefully our current poster in the club has started to raise your interests in the event.

This is an opportunity for who ever wants to take part to have **FUN!** Raising money for a good cause, Breast Cancer rates have fallen by almost a fifth, thanks to earlier detection and improved treatments. In the 1970s around 5 out of 10 women with breast cancer survived beyond 5 years. Now it's 8 out of 10 thanks to all Cancer Research. Come in and register with one of our Staff at reception.

in aid of  
**CANCER RESEARCH UK**

### Why is Exercise Important?

Have you ever heard the expression "Use or lose it"? It's true! If you don't use your body, you will surely lose it. Your muscles will become flabby and weak. Your heart and lungs won't function efficiently. And your joints will become stiff and easily injured. Inactivity is as much of a health risk as smoking!



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## Step by Step

Ladies on Tuesday 23<sup>rd</sup> June between 11-12 and 7-8 p/m we have arranged a consultation session with Step by Step, They will talk about how to value yourself; Share ideas; learn new life skills build your self esteem and work towards feeling **GREAT**. They will also discuss ways of getting your energy levels up, gaining more confidence, making changes without fear or guilt, understanding and improving your relationships. See one of our circuit coaches to get yourself booked onto one of the sessions.

## Metabolism Boosters

In 2008 German study, researchers found that subjects increased their metabolic rate by 30% after drinking approximately 500ml of water. It was found that, for people who don't drink many fluids; having an extra 1.5 litres of water every day of the course of the year could mean a weight-loss of approximately 5 pounds. Water is also a natural appetite suppressant that banishes bloat as it flushes out excess salt, and drinking enough will help keep you from mistaking thirst for hunger. So drink up!



## **Avocados are high in fat so they should be avoided?**

**FACT-** Avocados do have a high fat content {around 30g} But are still good for you. Most of the fat present in avocados is Monounsaturated, which is good for heart health. Avocados are also a good source of dietary fibre, Vitamins C and K and B Vitamins, and contains more Potassium than a banana, which helps to regulate blood pressure

## Nosey Parker Corner ; Question Time; for Yvonne

- 1.What is your favourite film?** Flashdance
- 2.What is the last thing you had to eat?** Tuna boring as it sounds girls. You have to keep up your protein.
- 3.What was the last thing you bought for yourself?** Some River Island Jeans at a car boot sale for £1.00 BARGAIN!!!!
- 4.What has been your best present ever given to you?** For Christmas I was given a beautiful Swarovski Watch from my lovely Husband.
- 5.When was the last time you did something for the first time?** I just recently went Belly Dancing with my Daughter.
- 6. If you could be any animal what would it be, and why?** I would like to be a dormouse, because I like to snuggle up, Stay cosy and warm, also I think its quite cheeky and impish too.

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