



# Curves

## Curvettes Gazette

Issue 5  
March 09

### Food Drive

We are proud to announce that Curves of Fareham will be taking part in the Eleventh "Annual Food Drive" from Monday 9<sup>th</sup> March to Saturday 28<sup>th</sup> March. Curves of Fareham will be giving back to the community by waiving its normal service fee for any new member who brings in a Bag of Non-Perishable Groceries which will be donated to Local Charities, tell your friends and family as they can join Curves with no Joining Fee.

### Fit & Fabulous in Fareham

Ladies on Saturday 21<sup>st</sup> March from 10 – 3pm we will be at the Bandstand at Fareham West Street with the Curves Gazebo, come along and support our club, your support will be appreciated. We will be having a T-shirt Competition for the best designed Curves T-Shirt. If you are interested in taking part in our challenge for Fit and Fabulous all you need to do on the 9<sup>th</sup> of March, come and register with one of our girls over the period of 2 weeks and we will check how many calories you are burning on each workout. This will show the fit and fabulous event the amount of calories our ladies at curves are burning during a 2 week period.



### Extended Hours

Most of you ladies might be aware we are now open Saturday 9 -12.

With the numbers that have been working out on Saturday mornings this has proven successful. We have also decided to extend Tuesday's and Thursdays to 7.30pm closing. So no more excuses about not having the time to workout 3 times per week.



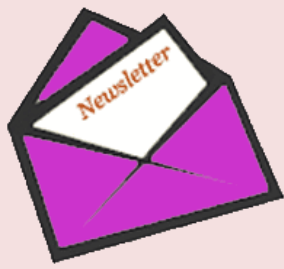
### Top 5 Stars

	Lost Pounds	Lost Inches
<b>Irene Wake</b>	10	16.5*
<b>Sharon Adams</b>	9	12.0*
<b>Paula Farn</b>	7	10.2*
<b>Elaine Frampton</b>	10	5.5*
<b>Carol Lister</b>	7	8.5*

### Weighs & Measures

Ladies please make sure you are having your weighs and measures once a month. This will ensure you are reaching your goals we initially set you. We want your names up in our top 5 stars.





# Email + Photos

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## Curves Fareham Open Day

Ladies on March 11<sup>th</sup> the club will be holding an open day, to give the members the opportunity to bring in fellow female work colleges, mums, sisters, daughters, grandmothers and aunts. Bring your guests along and show them the Curve experience, the staff will be organising fun and games for the day.

## Curves Weight management Program

Congratulations to all our members who are participating on our weight management classes. We are half way through our first weight management program and are starting to get some fantastic results already, keep up the hard work.



## Website

Please visit our new web site [www.curvesfareham.co.uk](http://www.curvesfareham.co.uk). This will keep you up to date throughout the month of any changes and promotions in the club.

## 8tips for eating well

1. Base your meals on starchy foods
2. Eat lots of fruit and Veg
3. Eat more fish
4. Cut down on saturated fat and sugar
5. Try and eat less salt – no more than 6g a day
6. Get active and try to be a healthy weight

## Calendar Girl

Please read about our Miss March on the front Desk. Well done Irene, keep up the good work

## Thought of the month

Kisses are the food of love

## Reminders

Please ensure you change your shoes before working out  
Please ensure you have a snack before working out as this will provide you with a good source of fuel.

## Easter Opening Times

Just to remind you that we shall be closed Saturday 11<sup>th</sup> April and Easter Monday, Re opening Tuesday 14<sup>th</sup> April.

## Sunday 22<sup>nd</sup> March Mothers Day

- When you're a child she walks before you. To set an example. She walks behind you; to be there should you need her.
- When you're an adult she walks beside you, so that as two friends you can enjoy life together.
- Why not pamper you're mothers and introduce them to a healthier way of exercising,