

Curves

Issue 7
May 09

Curvettes Gazette

Rock Around the Clock Danc a thon

Ladies Fareham and Gosport Curves will be teaming with Cancer Research UK during September to raise money for Breast Cancer Awareness. Curves of Fareham and Gosport will be participating in a 12 hour dance-thon called Rock Around the Clock they have secured the newly refurbished Venue Bar at Fareham Town Football Club. On 12th September both of the clubs and any members or friends that wish to participate can do so, The cost to register is £15 which will include a T' Shirt in your pack, just see one of our circuit coach's to register and make your payment by cash or a cheque.

Weight Management Program

We have scheduled for Mon 11th May and Wed 13th May another weight management class, if you are interested in joining speak to one of our circuit coaches. Remember our last weight management class achieved 6 stone of weight loss for those members that took part on the 6 week program.

2 for 1: Promotion

At Curves Fareham we understand that having a friend involved can help motivate new members to start a weight loss program, so we're determined to do whatever it takes to help our members to achieve their fitness goals, The 2 for 1 Promotion allows friends and family join Curves of Fareham for **50%** off the joining fee then split that between two friends or family members

Top 5 Stars

	Lost Pounds	Lost Inches
Sheena Drummond.	11lbs	13.5 inches
Carol Lister	12lbs	11 inches
Carol Alen	7lbs	9.5 inches
Margaret Pearce	8lbs	7.25inches
Gill Waite	5lbs	8.5 inches

Well Done Ladies

On the 6th May we have an open day at the club between 9.00 and 18.30. This will give members the opportunity to invite friends and family along to see what there club has to offer. We have organised for the Chiropractors to come along and carryout FREE Spinal examinations.



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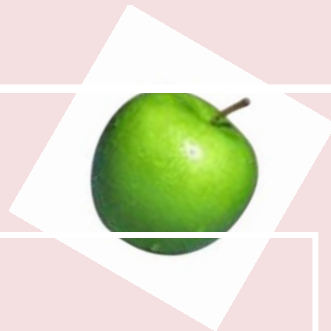
Toby Needs a Trip

Ladies if any of you are planning a trip away this year please can you bear in mind we have a very cute companion who would love to come with you (no sorry not George Clooney!) Its our very own Curves puppy called Toby. He even has his own passport! Toby's travels have taken to Yorkshire with Rosalyn, Madiera with Mary, USA with Lyn, and France with Val. So if you are interested in Toby travelling the world, then please see a member of staff to book his trip!

An Apple a Day

Not only are Apples full of nutrients, have lots of fibre, taste delicious and travel well [for those on the go] but they can help you lose weight!

Apples are one of the only fruits that have high amounts of both soluble and insoluble fibres, Pectin, eliminate the urge to eat up to four hours and will help steady your blood sugar. Also many studies have shown that apples can help in other aspects of health such as preventing heart disease, stroke, cancer and improving lung function and dental health. So ladies an apple a day [truly does] keep the doctor at bay!



Reminders

May Bank Holidays

We will be closed on the 4th & 25th May due to Bank Holidays

International Travel

Ladies don't forget your Curves membership entitles you to use any Curves centre around the world. See one of the staff for details.

Mixed Berry Smoothie

This delicious, easy to prepare smoothie recipe is ideal for pre or post workout snacks and will give you energy for your exercise routine...

Ingredients



- ✓ Half a cup of semi or skimmed milk
- ✓ Two scopes of low fat frozen yoghurt [strawberry or vanilla]
- ✓ 140 grams of finely chopped raspberries and blackberries
- ✓ One small ripe banana
- ✓ One bottle of Yakult

Put in a blender, serve and enjoy!

Thought of the Month

"Challenge-A great pleasure in life is doing what people say you can not do.

. Miss May Calendar Girl

Read our Miss Mays citation on the front desk

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