

Curves Fareham

Strengthening Lives, one
Woman at a time.

October 2010



Why wait to make your New
Year's Resolution? Get ahead,
shape up & save now.

8 weeks for £59!*

A PERSONAL TRAINER? CURVES COSTS LESS

This Month Curves Fareham are offering the chance for new members to join onto the program and get a head start on their New Year's Resolutions with an 8 week for Just 59 pounds Trial*

Do you know someone who has been thinking about getting fit?
Set some goals that they have already disregarded?

As you all know the Curves workout is a constantly supervised circuit that uses hydraulic resistance equipment designed just for women, and incorporates aerobic, strength training and stretching for a complete 30 minute workout.

Pass this amazing offer onto that person and help them become 1 of the 4 million women who are making their lives stronger by looking better, feeling better and enjoying life to the full by working out at Curves

The Harrods Hamper

The Harrods Competition is Back

Buy your raffle tickets at reception
to win our beautiful Harrods
Christmas Hamper!!!
£1 a strip.



Thought of the Month

"Your body is a temple if you treat
it as one"- Wellness

Sherbet Lemon Juice

2 Golden Delicious apples
1/3 of a lemon - where possible, wax free and with
the rind on
2 ice cubes.
Instructions
Simply juice the apples and lemon and pour over ice
- it really does taste like sherbet lemon

As well as being as easy as ABC to make it is rich in
vitamins A, B and C, as well as potassium, calcium,
magnesium, antioxidants and dietary fibre making
this lemonade wonderful for cleansing the system

Weight Management Classes

Introducing the Curves Weight Management Plan. Whether you're ready to start losing weight, need to boost your metabolism, or just want to learn more about healthy eating, Curves offers monthly classes to meet your needs.

Speak to a member of staff now to book your place on the next class.

Congratulations to Joyce Chester who became a grandma for the first time in September. We hope mother and baby are doing well.

Need Extra Help This Month?

Our Circuit Coaches are on hand to help motivate and inspire you on our circuit. Whether you need a refresher or you just want help reaching burning those calories.

Book today at reception with a member of staff



A BIG THANKS TO YOU ALL.....

Ladies throughout October we raised £100 for breast cancer all down to the help of you ladies taking part in bra competitions and the raffles

NOTICE

Members are kindly reminded to be off the Circuit 10 minutes before closing time to complete their stretches

A big Well done to all the ladies who took part in the last Weight Management class

Together the 10 Ladies lost a whopping **66LBS** in just **30 days**

That is 4 and a half stone

We know Christmas is on its way so to help keep you motivated this winter here are our top tips.

Too Busy?— exercise needs to be a high priority. This is your time to look after your well being so make an appointment with yourself and honour it like any other appointment, if something else comes up arrange it another time, your health is just as important as any other part of your life.

Lonely—Half the battle of exercise is getting here. Bring along friends to work out with you and motivate each other.

High Goals— Set specific, measurable goals you can meet in a practical time frame.

Too-low Goals—Remember Goals must be SMART, although you want reachable goals make sure they are exciting enough to make you want them.

Imaginary Finish Line—you may have reached your goal or are at a weight you are happy with but remember you must exercise to maintain.

Perfection— Don't get down hearted if you are not perfect every time, as long as most of your choices are moving you in the right direction you will reach your goal.

Don't forget to check out our Members board at reception to find out what is happening in the club this month.

A big hello to Paula who shall be joining the team as a Circuit Coach this month. We are looking forward to her becoming a valuable member of the Curves Team.



Curves Fareham 157a West Street,
Fareham,
Hampshire,
PO16 0DZ
women-fareham@btconnect.com

Tel 01329 230304