

## News Letter October 2009

### CURVES OF FAREHAM JOINS THE FIGHT AGAINST BREAST CANCER

Curves of Fareham is joining the fight against breast cancer during October for breast cancer awareness month, Worldwide, breast cancer is the second leading cause of cancer death in women.

New members who make a small donation to Breast Cancer can join between October 5<sup>th</sup> and 18<sup>th</sup> for a £0.00 service fee.

Curves of Fareham is committed to helping the women in our community live healthier, stronger lives," More than 1.2 million people will be diagnosed with breast cancer each year, but breast cancer rates are going down. This decline is probably the result of finding the cancer earlier and having access to improved treatment.

Curves offers a 30 minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also offer a **FREE** weight management program based on groundbreaking, scientifically proven method to raise metabolic rate and end the need for perpetual dieting.

### Curves join forces with Bupa

Curves of Fareham have joined forces with BUPA, the UK's leading healthcare company. BUPA has been in the industry for more than 60 years and provides healthcare to more than 2.8 million UK residents, it also employs more than 40,000 staff.

The relationship has been set up on a reciprocal basis; BUPA is promoting Curves to all members and staff via their website. Curves franchisees, employees and members are entitled to join BUPA at a discounted rate.

BUPA cover is very comprehensive, their cancer benefit is the most extensive private cover in the UK, this alongside better choice for consultant access, treatment, quality and facilities, Curves are very pleased to be able to offer BUPA as a benefit to all. For further details see a member of staff.

### **Smart seasonal snacking**

Summer fruits may no longer be in season but that's no reason to give up on healthy snacking. Make it easy on yourself by having quick, healthy snacks close to hand. And, with the children back to school these can double up as after school snacks too.

Apples are not only in season, they're also plentiful. Worcester Pearmain, Bramleys, Discoveries, Early Windsors and Cox's Orange Pippins should all be making an appearance this season. Try one sliced with some low-fat yoghurt or whole for a bigger crunch.

It's the time for seasonal berries and if you don't have any hedgerows close to hand, nip to your nearest supermarket to see the season's range. A handful of blackberries with a few spoons of low-fat natural yoghurt can make a delicious mid morning snack.

Cherry tomatoes are also at their best in autumn, so chop some on strips of pitta bread with some reduced-fat soft cheese or houmous and serve with cucumber. Take advantage of the seasonal spread of mushrooms from your local supermarket or greengrocer. You can choose from chestnut, shiitake or chanterelle. Mushrooms on toast is a tasty snack at any time of the day. Pop them in a pan, lightly brush with vegetable oil and serve with steamed spinach