

October 2010



Working out at Curves for just 30 minutes, 3 times a week helps keep your whole body healthy. Our 30-minute circuit works every major muscle group, two muscles at a time, so you can burn up to 500 calories. Between October 5 and October 18, Curves is waiving the service fee when you make a donation to a Breast Cancer organisation.

**NO JOINING FEE with donation to
a Breast Cancer organisation***

Every 11 minutes
someone is diagnosed with
breast cancer in the UK. We
want to be there for every
one of them.

Breast cancer remains the most common cancer in the UK with nearly 46,000 people diagnosed every year. The chances are that most of you will have been touched by the disease in some way, and during Breast Cancer Awareness Month this October we need you to keep talking about it.

By doing this you can help us raise the money we need to help people affected by the disease by bringing them together, providing them with information and support, and campaigning for improved standards of care. This month, Curves Fareham is allowing new members to sign onto our program with **NO JOINING FEE** if they make a donation to a Breast Cancer organization.

"LIV AID" Breast Self Examination kit

We have managed to get hold of the very successful "Liv Aid" again which is in high demand. Breast cancer is by far the most common cancer among women worldwide, early detection can save lives which is why a Liv Aid is so important to every women's monthly route.

Liv Aid is like a magnifying glass for your hand, it illuminates any problems with the breast tissue allowing for early detection.

Olivia Newton-John, a breast cancer survivor, is the inspiration behind the Liv Aid. She and Diane Heavin, founder of Curves, came up with the design and it has been very successful among 4 million Curves members and we would like to Share the opportunity to all of you.

moreactive4life

We wish to thank all members who took advantage of the More Active 4 Life promotion over the last 2 months. Over 60 women have taken up the opportunity, many coming to a gym for the first time ever. To the new members who joined under this scheme, welcome, we are thrilled to have you as members of our Curves club. We hope you enjoy your time with us and feel the "Curves Effect".

This is a combination of improved health, lower weight, fewer inches, lower body fat and higher self esteem.

And don't forget to discuss any part of your Curves membership with our staff who are always happy to help

A Big Well done to the Tea Time Totties who won our Calorie Challenge with a huge total of 129,438 calories

Both teams did extremely well and our top burners are:

Breakfast Babes - Davinia Stray- 4,975
- Joan Scammell-4,927
- Alyson Miller-4,881

Tea-Time Totties- Kay Parker- 9,832
- Trudy Wilkinson- 7,936
- Debbie Lavin- 7,264



GO FOR GREEN – Protect the Environment

The plastic cups currently being used for our water dispenser are non-recyclable and we would like to do our bit for the planet. Starting in November we will provide water bottles for our members to buy for a small fee. These can be washed after use and brought in every time to save the use and consequent disposal of the plastic cups (and you'll receive a decent measure of water too!) Members are also welcome to provide their own bottle. We will hold a small stock of washable plastic cups for those who forget to bring their bottle! Thank you

It is not the years in your life that count, but the life in your years.

Congratulations to Lisa Pearce for passing her NVQ in Dental Nursing.

Show us your smile ☺

Annual Bra Competition

Dig deep in those drawers ladies and find that bra you haven't worn in years.

Get Creative and enter it into our competition to see who has the breast bra

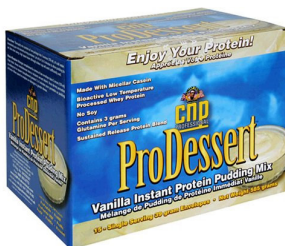


Curves Products are now On Sale, check out the various items on offer and splash out that new t-shirt or bag before they sell out!!!!

Log on to mycurves.com to learn more about curves and read inspirational stories from members worldwide

NOW IN... Pro-Dessert

Pro-Dessert a delicious way to include more quality protein into your diet, it mixes easily in 150ml of cold water in a shaker bottle, hand mixer or blender and then can be poured into a desired container and allowed to set for 3 to 5 minutes. It is ideal to be taken after any meal to increase protein. Each 39 gram sachet of Pro-Dessert has only 135 calories, yet provides 25 grams of our unique protein blend but with only 4 grams of carbohydrates and 2 grams of saturated fat.



FINALLY, a Desert you can enjoy without feeling Guilty!!!

We say a sad goodbye to Elena, who is leaving us to spend more time with her family. Elena has been a real asset to the team and her enthusiasm will be missed!

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

How to register on mycurves.com

Go to www.mycurves.com

Click on "Click here to register for mycurves.com"

Complete form, filling out the "Club Access Code" where requested.

Over 10,000 locations worldwide.

Access Code: TZQKBJ

Curves: Fareham, Hampshire, England, UK
Access code required for login

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

Tel 01329 230304