

# THE *Curves* Caldicot & Chepstow CHRONICLE

It's great to be at Curves!

Offer for May  
 '2 join for the price of 1' spread the word of Curves and tell all of your friends!

## \* THE BEST OF APRIL \*

Free physiotherapy clinic  
 with Liz, Wednesday May 5<sup>th</sup>.

Book now to avoid disappointment!

Biggest Loser Caldicot  
**KATE KRONENBACH**

Biggest Loser Chepstow  
**JULIE JONES**



Most Workouts in April  
Caldicot  
**KATHRYN THOMAS**  
Chepstow  
**KERIE GREEN**

**WELL DONE LADIES!**

### POETRY COMPETITION

Here at Curves we believe in exercising your brain as well as your body. That's why we want you to use your brain and write us a poem. It can be funny, serious, pull at the heart strings or any-thing else just so long as it's about diet, exercise or fitness.

The best poem will be published in next month's newsletter and the poet will win enough starts to exchange for one of our Curves products range. Please get your entries in to a member of staff by 25th May.

### Swiss Ball class

In April Laura attended a course on the 'Swiss Ball Systems'. Laura passed and is now qualified to teach the practical use of Swiss Ball for Rehabilitation and Sports training. The Swiss Ball is an exercise tool that is used to improve your core stability (stronger abdominals, back and shoulder girdle). If you have a poor core you are at a higher risk of suffering from muscular pain and problems.

People that will benefit from swiss ball class;

- \* those that have/do suffer from any pain or injuries
- \* those that are recovering from an illness that required them to do minimal activity
- \* those that participate in any sports and wish to improve their overall performance or balance
- \* those that want to lower their risk of any injury
- \* those that simply want to build their core to improve their strength and flexibility for daily activities
- \* those that are following a weightloss program

Brochures and price lists (for non members too) can be collected from reception or you can ask Laura for more details.



### **Weight Management Class**

Thurs 6<sup>th</sup> May  
 Caldicot

Sat 8<sup>th</sup> May Chepstow  
**Special Topic:** blood pressure and sodium



### **Vest with built in bra**

The basic black of this racerback tank and the supportive built-in shelf bra make this 94% cotton/6% spandex workout tank a wardrobe staple. The lavender curved style-line on the back of the tank and the front V-neckline create a slimming appearance, perfect for any woman. Embroidered Curves® logo on the back.

**Now only £14.50 limited stock**

### **Curves Socks**

These ankle socks feature elasticized cuffs for stay-in-place wear and a double-layer terry cushioned sole.

**£3.50 a pair**



### **Curves Workout Gloves**

Material is stretchable and breathable  
 Helps stops dry skin/blisters forming

**Now Available at £5.95**



### **Curves Walking Group** Thursday may 27<sup>th</sup> 7pm.

Laura will take you on an hours walk up the sea wall. Bring your friends and family. Remember the more exercise you do the better, and it's much nicer when you have a group of people to walk with ☺

### 30 DAY TREASURE ISLAND CHALLENGE

STARTS MAY 10TH BUT SIGN WITH A STAFF MEMBER TODAY

We want you to sign up for this 30 day challenge in order to give yourselves some extra motivation to work-out 3 times a week and to achieve your goals, whether it's losing or maintaining weight or inches.

Once you have signed up all you need to do is work out just 3 times a week and complete one of the weekly challenges. If you are still on the island at the end of the 30 days, not only will you have kept yourself healthy but you will also earn stars so that you can exchange them for curves merchandise (t-shirts, vests, water bottle, pedometers etc)

#### Holidays

Summer is approaching and I'm sure many of you have got your summer holiday booked. Don't forget to tell us if your going away so we don't worry about where you are when we don't see you for a while. Also, we can give you a travel pass to use at another

#### Line dancing

£3 members £3.50 non members Thursday may 20<sup>th</sup> at Caldicot Curves.

#### READING FOOD LABELS

We are always being told to eat less sugar, fat and salt; however, food labels can often be misleading. For example, products may say 'reduced fat' however; this is not necessarily 'low fat.' Also, foods that have been reduced in fat may have more sugar or salt added to improve the taste; therefore, the best thing to do is read the labels carefully. The Food Standards Agency have produced a handy chart to help you decide what foods are healthy. There is also a quick reference guide to help you out.

Why not cut them out and keep them in your purse for your next trip to the supermarket.

#### HANDY HINTS FOR AROUND THE HOME SAVE ££££!

##### FOOD LABELS

CURVES, ILKESTON	A lot	A little
Sugars	10g	2g
Total fat	20g	3g
Saturated fat	5g	1g
Fibre	3g	0.5g
Salt	1.5g	0.3g
Sodium	0.6g	0.1g

#### THE IMPORTANCE OF GETTING WEIGHED AND MEASURED

When you first join Curves we take your weight and measurements. We also help you to set some exciting goals and ask why you want to get in shape e.g. you might have a wedding coming up that you want to look good for, or a pair of jeans you want to get back into. We want to help you to achieve the goals you set for yourself. In order to do this we need to know how you are getting on, we do this by weighing and measuring you, this provides us with tangible results which we can use to track your progress. Don't worry if you think you may have sidetracked away from achieving your goals, it is better to see how you are doing rather than burying your head in the sand. This time is also a great chance for you to ask us about any queries you may have, for example, about your diet, or how to get more out of your workout. When you swipe in, the welcome screen will tell you how many days it is until your next measurement. Please take note of this and remember to be weighed and measured, this will not only help us but also help to keep you motivated to work to-wards your personal goals.

It only takes a couple of minutes, once a month, so please make time to be weighed and measured.

Free tour and fitness assessment with this pass at



Caldicot 01291 421018  
Chepstow 01291 622324

#### Stretching

**Always end your workout with stretching.** It takes less than 5 minutes to move through all of the stretches. You perform a static stretch by isolating the muscles around a specific joint and extending the muscles completely. Hold the stretch for seven seconds and then extend further. Being careful not to bob or bounce, hold the stretch for a total of 15 seconds. Stretching is important because it helps to maintain range of motion and the integrity of the joints. A study by Westcott and Loud in 2000 reported a 19% greater strength gain in those who added stretching to strength training. **Be sure to take time at the end of the workout to perform this fifth component of a complete work-out.**