

It's great to be at Curves!

THIS MONTHS WAY TO EARN BIG STARS!*
YOU CAN EARN STARS THIS MONTH BY AGREEING TO PLACE AN A4 POSTER IN YOUR CAR FOR A MONTH, OR BY PLACING FLYERS IN YOUR WORK PLACE! COLLECT THEM FROM A MEMBER OF STAFF TODAY!

*** THE BEST OF JUNE ***

Biggest Loser Caldicot
SALLY JONES

Biggest Loser Chepstow
ANGELA PRITCHARD



Highest Attendance Caldicot
KATHRYN THOMAS
AMANDA GROVES
Highest Attendance Chepstow
MARGARET GORE

WELL DONE LADIES!!!

MAY/JUNES Treasure Island Competition

Well done to **SARA LEWIS** for winning the competition and for completing all your healthy challenges. You have won a **free swiss ball class!**
To book your free spot see Laura.
Thank you to everyone else who took part!

Quiz time! Tell a member of staff the answer next time you are in and earn a star ...

- * Which of these machines works the **erector spinae** muscle?
- A) chest/back**
 - B) Ab/back**
 - C) shoulder/lat pull**
 - D) squat**

Portskewett Fun Day July 3rd
12-5 Free entry and lots of fun for all the family!

Race for life

A huge well done to the **40 members and 2 staff** that took part in the **Race For Life Cwmbran!** Reports back from the staff are saying how well you all did!
Congratulations to Anna for being the first person to cross the line from Curves...even with a bad leg! We will report back to you next month to let you know how much you all raised!

Saturday July 17th

Curves netball fun match at 11am followed by the members summer BBQ at the Tan House, Shirenewton. BBQ will start at 1pm and costs only 2.50 for a ticket that will get you lots of yummy healthy food and fun. Bring friends and family! Buy your ticket from reception today! We hope to see you all there! ☺

In Club World Cup Challenge

For those that are taking part make sure you are completing your challenges and ticking off the ones that you do. There is not much time left, so don't let your team down! Remember there are **prizes to be won!**

CHINESE TAKE OUT

No...we are not saying it's ok to eat a Chinese Take Away! It is the name of the competition that will be running in July where there are fantastic prizes up for grabs (for example, a cut and blow dry, a clothing voucher, restaurant vouchers, beauty treatments and even a free month at Curves to name a few)

All you have to do to win some of these fantastic vouchers is to give the ladies that you know the opportunity to get fit and healthy and give them a free visit at Curves. Details will be up in the club soon so get looking and thinking today!

Kids room

A lot of ladies will worry that they will not fit their workouts in when their children are off on school holidays. Why don't you book them into the 'kids room' in **Caldicot Curves** for free! Or if your daughters are tall enough we can offer a **summer membership for under 18's**, allowing you to work out and keep fit together. **Book them in for a free trial today!**
For those that do bring the children/babies in, we kindly ask that you do keep the door closed as to not disturb the other members. **We thank you for your cooperation.**

SHARE GOOD HEALTH WITH YOUR FRIENDS THIS SUMMER

6 WEEKS MEMBERSHIP FOR JUST £39! AND EVEN BETTER, IF THEY WORKOUT 3 TIMES A WEEK FOR THE 6 WEEKS THEY CAN SIGN FOR FREE!

Just cut out the Guest Pass opposite and pass it on to any of your friends, family, work colleagues etc.

Curves Guest Pass

*This pass is entitles you to a FREE Fitness Assessment at
Curves Caldicot 01291 421018
or
Curves Chepstow 01292 622324
Referred by _____*

Advanced Workout: Are you ready for the next level? Do you want to get better results from your workout. On your next visit ask us about the Curves Advanced Workout.

Cucumber Tomato Salad (for more recipes like this go on to www.mycurves.com)

Prep Time: 10 minutes
Serving Size: 1
Number of Servings: 1

Ingredients:

- 3 cucumber-sliced thin
- 1 tomatoes-diced
- 1/2 red onion-sliced thin or chopped fine
- 1/4 c. fat free sour cream
- 1 tbsp. light mayo fresh ground pepper

Directions:

Mix all ingredients together and season with dry dill and salt.

Nutrition Info:

Calories: 334.5; Fat: 17.1g; Saturated Fat: 8.3g; Protein: 8.12g; Carbohydrates: 44.18g; Fiber: 6.48g; Cholesterol: 30.3Mg; Sodium: 143Mg

Morning has broken....

- 1) Take a gentle stretch before you've even left your bed will wake up your muscles and get your circulation flowing. First pull your knees to your chest and hug them there to lengthen your spine. Then lie flat and stretch your arms and legs as far as you can, right through to your fingertips and toes...now it's time to get up!
- 2) Tidy up the clutter...waking up to a bedroom that looks like a bomb site won't make you feel good about getting ready for another day's work. Try to tidy up after yourself before you go to bed each night so that you can rise to fresh and clean surroundings- where everything you need is exactly where you found it.

SHARING MEMBERS

The summer is here and now is a great time to add an extra walk or cycle ride on top of your Curves Workout. A lot of ladies really want to go for a walk or bike ride but are uncertain of where to go, how long the route is and whether or not it is safe. That is why we have decided to put a file in the changing room library where we ask members to place descriptions of walks or bike rides that they have gone on. Then if a member likes takes a fancy to one, we will happily make a copy for them to take away. Earn a star if you help make our file successful.

FREE WEIGHT MANAGEMENT PLAN & FREE WEEKLY WEIGH-INS!

SUMMER IS ON ITS WAY! & IT'S THE PERFECT TIME TO THINK ABOUT SHAPING UP READY FOR PRETTY DRESSES & SWIMWEAR!

THE NEXT CLASSES ARE:
SATURDAY July 3rd
Chepstow
And
Thursday July 8th Caldicot

BOOK YOUR PLACE(S) WITH A MEMBER OF STAFF TODAY IN THE CLUB OR BY CALLING **01291 421018**

Motivational



Minute

“You're feeling energized lately but you couldn't possibly do that - you're too old. Heres how to act like a child.”

Now we might not emulate Tina Turner in a skin-tight leather mini and stacked heels singing rock n' roll when we're 60, or even trek through dangerous territory internationally for a story like 52 year old Ann Curry does, but what their examples show are you're never too old for ___ (you fill in the blank). Granted, once you reach a certain age you might not get accepted into the military, qualify as an Olympic ice skater, or get the lead in "Annie," but if you're healthy and up for the challenge, what can you do? Run a marathon, skate, Jet Ski, hike, or maybe jump rope in your driveway? Instead of saying, "I'm too old to...," try, "I can ___." You're never too old to try something that will keep you feeling young! 😊