

THE *Curves* Caldicot & Chepstow CHRONICLE

It's great to be at Curves!

Dates For Your

Diary

Weight

Management Class

DATES

Caldicot Thur June

10th,

Chepstow Sat June

5th

Successful Star Winners

RACHEL POPE

And

AMANDA GROVES

who have collected enough stars to exchange for a free Curves T-shirt!

* THE BEST OF MAY *

Biggest Loser Caldicot

KATE KRONENBACH & BRONIA CONWAY

Biggest Loser Chepstow

EMMA YOXALL & CLAIRE SALEH



Highest Attendance

Caldicot

PAM & EMILY MORGAN

Chepstow

PAM CHERRINGTON & ANNETTE FARR

Mycurves.com

For those of you that have not yet signed up simply go to www.mycurves.com and type in the following access code **TZWJDY**

BUT hussshhhh! Keep it quiet, as it's for curves members only!

Mycurves.com is a great website... you'll be surprised by how much interesting information there is... **LIFE...** simplify your life, there are great tips on an amazing range of things to help deal with that long to do list!

MESSAGE BOARDS... on a broad range of subjects from weight loss and workouts to international café where you can network with women around the world.

RECIPES... hundreds of recipes plus 'curves test kitchen' where you can find a message board of members own recipes

MY JOURNAL... keep your own journal online motivational minute... for that big pick me up!

Activity Calendar

We know that the more you enjoy exercise and the more knowledge you have about the benefits of exercise, the more likely you are to reach your targets. This is why we try to provide you with as many circuit activities as possible. Please take time to look at the activity calendar that is displayed in each club so that you can get the most out of them. Also remember, the more you take part the more stars you will earn! *

MEMBER FEEDBACK

What you think really matters to us, and that's why we sometimes like to call you to see how you are finding things. We know how much you like to have a member of staff in the middle of the circuit with you, and that's why we will soon be adding an extra member of staff to the team. We are going to aim to have 2 members of staff on at all busy times. As soon as we find the right lady for the job we will introduce you to her!

Too hot to workout? Curves Chepstow has now installed the air conditioning!

RACE FOR LIFE INFO

WALKING GROUP

Congratulations to the 30 plus people that have signed up to do the race for life this year! It's the largest group we have had so far! The race for life is soon approaching so we thought it would be nice to put on some nice light walking training. We will go on an approximate 40-minute local walk together on the following dates. Please note anyone is welcome, it is not just for members taking part in the race for life!

CALDICOT Wednesday June 16th and 23rd starting at 7pm
CHEPSTOW Thursday June 17th and 24th starting at 7pm

Bus and T-shirts

Christine and Anna will be organising transport to and from the event for those that want it. We will also hopefully order some unique curves race for life t-shirts for the day and all profits will go to the charity. Keep an eye out on the notice boards for more information.

June's Member Competition

Our staff would like to find out which of our members are artistic! We want you to draw a picture illustrating what you think of Curves. All entries to be in by June 24th! Take part and you could win some prizes! ☺

Dates For Your

Diary

Curves 'Summer BBQ Get Together'

DATE: Sat July 17th
12 o'clock start!

Dates For Your Diary

Line dancing class Thurs June 10th.
£3 must be paid by June 8th
Its fun so take part!

Laura's MS 5K run

A big thank you to all the kind Caldicot Members who sponsored Laura for the run in the blistering heat! Laura hopes to collect and send the funds in by June 10th.



This week's challenge: Go fishing

Eat fish two times this week. Fish is a low-fat, quality protein chock-full of vitamins and minerals and an excellent source for Omega 3. Incorporate fish into your regular lunch or dinner.

Be discriminating when selecting your fish. You will benefit most from the Omega 3 in fatty fish such as salmon, trout and herring. Try baked salmon in a bit of olive oil and citrus juice. Or for those wilder taste buds, grill trout prepared with a chili powder, cumin, paprika and cayenne rub. Even if you are crunched for time you can still fit fish into your menu. Whip up a tuna salad with light mayo, celery, pickle relish and a splash of honey mustard. Experiment with your own likes and dislikes to find a recipe that you like. Why do it? Omega 3 fatty acids help lower blood pressure and heart rate while improving other cardiovascular risk factors.

To get more tips like this collect your website password from a member of staff.

Workout Hurdles

CHEPSTOW

200

Marie Dark
Caroline Dukinfield
Rachel Pope
Hilary Rutter

300

Kerie Green

CALDICOT

200

Dot Worgan

300

Ann King

100

Elaine Palmer, Linda Greer, Jane Thompson, Beris Lewis, Vanessa Vaughan

Holidays

Please let our staff know if you are going on holiday. We like to know if you are going to be away as not only does it stop us worrying that you are ill, but we can also give you a travel pass so that you can use curves all over the world for free!

Dates For Your Diary

Laura is now taking bookings for June for the Swiss Ball class. Pick up a leaflet in Curves for more details

May Poetry Competition

We only had a few members take part in the competition...but well done to those that did. We hope you enjoy the winning poem, we sure do!

There was a time when I was scared of stepping in a gym, Of wondering (and worrying) of the terrors that lie within Of all those high-cut leotards, crop tops and skimpy g-strings, (and not a hint of flabby tums, plump thighs or fat bingo wings!)

But my love of choccies, sweets and anything that's stodgy, Meant that my once trim waistline now looked extremely podgy

By then I knew the time had come when I must wait no longer, And instead try to achieve my dream of looking like Jane Fonda!

And so I came across a gym designed for 'ladies only,' (which excluded all those men called Mick and Pete and Tony) They said that a 'short workout-just 3 times every week' would leave you feeling toned and fresh (and never out of puff!)

And so I grasped my courage, and signed up for a trial, (thinking that I'd throw the towel in after just a short while) But now I feel its become part of my daily routine, (and even my saggy muffin top is starting to feel lean!)

And so it's thanks to Curves workouts, and all it's friendly members, That I can once again do up my lacy black suspenders!!

Ann Slack



Green Tree Therapies

Why not indulge yourself to a Beauty treatment to relax you into the Summer!

Dates for June at Curves – Thursday 10th & 24th 9 – 12

Call Fiona on 07590697290 or visit greentreetherapies.com