

"The groundwork of all happiness is health." – Leigh Hunt

* TOP WAYS TO EARN STARS THIS MONTH *

Put a poster up in your car, organization or workplace for the whole of March and earn stars! Collect your poster from a member of staff today!

THE Curves Caldicot & Chepstow CHRONICLE

It's great to be at Curves!

* THE BEST OF FEBRUARY *

February Workout Challenge

5 x week

**ANGELA THOMAS
PAM MORGAN**

4 x week

**CHARLOTTE CHAMPION
JULIE MCDERMOTT**

3 x week

**PAULA LEWIS
DENISE MARTIN**

**Biggest Loser Caldicot
SARAH EVANS**

**Biggest Loser Chepstow
STACEY SWINFORD**



**Calendar Girls
RACHEL POPE
AMANDA GROVES**

WELL DONE LADIES!!!

Spring clean your kitchen cupboard!

Throw Out: PROCESSED MEAT

High in saturated fat and salt, it can contribute to bowel and stomach cancer. Swap for tinned oily fish, which helps lower cholesterol levels. To get the most omega-3 fats from canned tuna, choose water rather than oil packed.

Bring In: TUNA BURGERS

Drain a tin of tuna and combine with small amounts of chilli, fresh coriander, spring onion, green beans and ginger (all finely chopped). Add a squeeze of lime and one beaten egg. Leave to set in the fridge, and then grill for three minutes on each side.

Wed March 17th

Latin dance class at Caldicot Curves! We had the session in Chepstow Curves last month and the ladies loved it! For all ability levels. Limited spaces so book your space now!



March 24th

Free physiotherapy clinic with Liz O'Brien between 3 and 5pm. Book your space now as they go very quickly.

Tired of dieting?

Curves new weight management plan will fit you for a lifetime.

No elaborate point systems or eliminating foods, just simple solutions to help you eat better, lose weight and keep it off for good. Come and join us to hear how simple it can be.

Start Up Class	Special Topic: Raise Your Metabolism
Chepstow Sat 6 th March 1.15 – 2.45	Chepstow Sat 6 th March 12.45 – 1.15
Caldicot Wed 10 th March 7.15 – 8.45	Caldicot Wed 10 th March 6.45 – 7.15

Classes will be held on a regular monthly basis and are free and members, non-members, friends, Neighbours, colleagues and relatives are invited to come along! See in Club for further details.

Don't just use the scale to see if you are becoming healthier... Remember muscle weighs more than fat! Try our Holy Grail Trousers Test to see if your shape is changing! Take that old pair of jeans you wore when you were at your desired weight and try them on periodically. Once they fit, you'll know you're at a healthy weight!

We know a lot of ladies don't have time to eat in the day, as they are so busy...this is why we now sell snack bars at Curves.

They are bars with three different great tasting flavours that you can use as part of a balanced diet. They're an easy choice to reach for and you can have the confidence that you're getting great nutrition without all the added calories which is going to help you reach your goal of having that great physique. The bars include 14 grams of protein, which is vital when you want to tone your muscles. It also includes 4.6 g of fibre for your good digestive system and 24 grams of carbohydrates to give you energy to get through the day.

Blueberries

Nutrients - Vitamin B2, C, E, beta-carotene, folate; anthocyanins, ellagi acid, tannins; fibre

Native to North America, blueberries have been used medicinally for centuries by Native North Americans, while members of the same plant family are known throughout the world for their healing abilities. They taste similar to blackcurrants, but without the sharp-ness. Blueberries are often stewed and sweetened, but for their full range of health benefits they are best eaten raw.

One serving of these little beauties provides as many antioxidants as five servings of broccoli, apples or car-rots, and studies have ranked them above all other fruit and vegetables for antioxidant activity. Ellagi acid, one of these antioxidants, is thought to prevent the development of Cancer. Blueberries also contain the antioxidant anthocyanins, which strengthen blood capillaries, improving circulation and helping the transport of nutrients around the body-probably one of the reasons blueberries can enhance eyesight and protect against dementia, heart disease and strokes. They have an anti-inflammatory effect on the body's tissues, and are rich in tannins, which fight the bacteria that cause urinary tract infection.

Blueberry Smoothie

- 250g (9oz) blueberries.
- 125g (4½oz) raspberries or other berries frozen or fresh.
 - 125ml (4fl oz) low fat plain bio yogurt.
 - Simply whiz together in a blender and enjoy.
- Serves 2-3

Children's Room at Caldicot Curves

We are now providing a room in Caldicot Curves where up to two children will be able to sit quietly while their mum/nan/aunt works out. To use this service please contact a member of staff first as there are certain rules that need to be followed so that other members are not disturbed during their workout.



Race For Life 2010

We are leaving it to the members to decide where to do the Race for life this year. The choice is between Cardiff on the 17th July or in Cwmbran on the 27th June. Please sign your name next to the race you would rather do by Friday March 13th (form will be in club). Thank you!

MOTHERS DAY

Because after all the years she spent looking after you, it's time to take care of her, and the best gift for her this Mother's Day is the first step to a fitter, healthier life. Regular exercise and strength training helps prevent chronic illness, fight the effects of osteoporosis and build muscle to aid balance-increasingly important to guard against falls as we grow older. So by inviting your mother to Curves you're helping her look forward to a healthier happier life. To help your mum we are selling gift vouchers and we will also allow them to become a member without having to pay the service fee...so she could join for free! If your Mum is nervous about exercising we will give them a free tour and fitness assessment so they can see what it is all about!

Pet Food Drive: March Charity

The girls at Curves are keen animal lovers and have decided to ask all our lovely members to help us collect animal food for this month's charity. We will be donating all the food to 'All Creatures Great and Small.'

It's a Small Animal Sanctuary and a registered charity operating in South Wales that specialises in caring for abandoned and/or abused animals. We will be collecting food for dogs, cats, rabbits, ferrets and mice! If you donate a carrier bag of pet food and complete 12 workouts in March we will put you into a prize draw to win 30 stars and a free beauty treatment from green tree therapies.

YOUR FRIENDS COULD JOIN IN MARCH FOR FREE IF THEY DONATE A BAG OF PET FOOD....SO TELL ALL YOUR FRIENDS, NEIGHBOURS, FAMILY AND WORK MATES! REMEMBER YOU CAN EARN STARS WHEN YOU REFER A FRIEND!

Member News

Chepstow Member Shelagh Jenkins has made a 40ft scarf for the Welsh Rugby team!

www.curves.com/strongertogether

Click on the link above and join our chain to try and make the world 1 million people stronger! By joining the link above you will receive 2 emails a month that will provide you with a really useful healthy tip...you can then share these with your friends! To make use of this free service you will need to use this access code once logged on...**TZWJDY**