

THE *Curves* CHRONICLE

Caldicot & Chepstow

It's great to be at Curves!

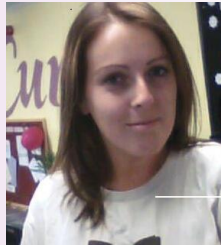
November 2009 events

- * **Line Dancing** in Caldicot Curves on Thursday 26th at 8pm
- * **FREE** physiotherapy advice with Liz O'Brien at **Caldicot Curves**. Wednesday 25th 10.30–12.30. Limited places so sign up today!
- * This years **Christmas Party** will be held at **The Castle Inn, Caldicot**. Including a healthy 3 course meal and live entertainment. Sat 28th 7pm til whenever!

A **big thank you** and well done to all that completed the annual Chepstow to Caldicot walk for Breast Cancer. Sheila Mayrick from the Coach & Horses raised a whopping £450 in sponsorship. Well done!

In October, you all helped raise a fantastic **£555** for **Breast Cancer** with more sponsorships still to come! Along with help from local businesses we collected over 363 bras (21.5 kg) for breast cancer care too! You also raised £165.68 for MS! So a BIG BIG THANKYOU!

Calender Girl Nov 2009



Congratulations to newlywed Sarah Abbott for running the Cardiff Marathon on Oct 12th with her husband in 2 & a half hours! As well as losing 20lbs and 17 body fat pounds since coming to Curves!

BE NOVEMBER'S CALENDAR GIRL AND WIN TICKETS FOR THE RACES.

GIVE YOUR FRIEND A FREE 30 DAY PASS TO WORK OUT WITH YOU AT CURVES OVER THE WINTER PERIOD. NO CATCH AND YOU'LL EVEN EARN STARS! ASK STAFF FOR DETAILS TODAY!

Girls Night was a huge success this year, thanks mainly to **Pat Daniels, Rose Kenyon and Jane from Herbert Lewis** for their inspiring words. Everyone ended the evening with a relaxing treatment from either Mel from Virgin V, Sue & her Bowen massage, Anna & her nail treatments and Fiona with her amazing Indian head massage.

CIRCUIT TALK: Getting rid of the 'buts'

How many times have you said "I wish I had time to exercise BUT..."

"I wish I could stick to a diet BUT..."

"I wish I could lose weight BUT..."

Well it's time to reverse the BUTS once and for all. The only one standing in the way of you and your 'but' is you. Finish these sentences. "*I wish I could exercise more BUT..*" Now flip it. "I want to exercise but can't seem to find the time BUT I truly want to exercise. So what are some things I **can** do to **make time** for myself?" One idea? Take out your calendar and schedule your workouts and treat them like appointments you can't break. Now try another 'BUT'...

"*I wish I could lose 10lbs BUT..*"

Now let's flip it. "I want to lose 10lbs BUT I can't seem to stick to a diet BUT I really do want to lose 10lbs. So what are some things I can do to get started? Join the weight management class? Ask for help? Find a healthy eating buddy?"

When you get the 'buts' identify the problem and offer yourself solutions. It's amazing what you can find time for and accomplish when you are single minded about what you want and then make plans for it. And this doesn't just apply to exercise and weight loss.

Use this mental exercise to correct it and put yourself on a positive path toward progress. We'll see you at Curves where we want you to reduce your 'buts'!