

Curves®

Reading West

April 2011



Well, as I write this message the sun is shining and it is a glorious day and we can't ignore tidying up the garden any longer!

Sadly, the world has seen some dreadful events over the past month and in particular for anyone with friends/family in New Zealand and Japan, we wish them well. Although Curves does not have club in Christchurch it seems that 22 clubs in Japan were hit by the earthquake/tsunami and we hope our "Curves family" has not lost anyone.

On a brighter note, many thanks to you all for supporting our Red Nose Day event and we hope you enjoyed it too— at the current count we have raised a fantastic £326 and this will change so many lives. The UK is such a generous country – the figure currently raised by everyone is reported as being over £27m and will no doubt swell over the next few weeks. We will shut down our collection on Saturday 1 April so any loose change is welcome!

Have a great month.

Sandy and the girls

"STAR OF THE MONTH"

We are delighted to announce that April's Star of the month is Christel Burns who has lost 28lbs, 26 inches, and a body fat reduction of 7.4lbs Well done Christel wear your SOTM purple bib with pride!

Weight Management

This month's session on Cancer prevention was very interesting, and was followed by a lively discussion. If you missed this and want to know more, speak with Sammie. This month's topic on 16 April is on the subject of Healthy Fats.

SMART reports

Apologies (again!) for our SMART program being slow and disjointed. We have had our computer upgraded and hopefully the position will be resolved.



Friday 18 March

A big thank you for those who contributed to our fundraising and this special day. Winners of the various events have been notified and posted on the Noticeboard. As announced previously if you want to challenge Sam's hoola record of 46 minutes 36 seconds then let Reception know – donation £1.

Race for Life 17th July

Registrations are now being taken for the R4L event in Prospect Park, Reading. As in 2010 there will be races on the Saturday and Sunday and we are encouraging our ladies to register for the Sunday morning race at 11am. This year we shall be "running" with Curves Lower Earley

More details to follow and once you have registered please note the list on the Member's Noticeboard with T shirt size.

"It's great to be at Curves"