

# Curves®

Reading West

February 2011

Hi everyone,

Well, what a fantastic start to the 2011! Our Zumba classes have gone down really well and if you haven't "had a go" yet then sign up now. We have had so many positive comments and everyone seems to be enjoying themselves - see below. Remember however, that you don't have to keep up with Bella, our Zumba teacher (Ed - who can?) so just go with the flow and have a great time. When you are as quick and bendy as Bella you can take over!

We shall be monitoring attendance to the Zumba classes and it is possible we shall hold an additional session towards the end of the week - watch this space. We do need your feedback however so please let's have your thoughts.

We welcome our new members to the CRW family and sincerely hope you are enjoying your new you! Spread the word of Curves and forward this newsletter to your friends - it shows you care and why can't they have as much fun as you?

As we look forward to Spring we have a number of events coming up - especially on 3 April for mums and daughters - see below

Have a great month.

Sandy and the girls

## "STAR OF THE MONTH"

We are delighted to announce the February Star of the month is Helen Dahikes who has lost over 13 lbs, over 15 inches, and a body fat reduction 3.3% which is excellent! Well done Helen - wear your SOTM purple bib with pride!

## Weight Management

We started our latest round of classes with a lively discussion on the topic of 'Emotional eating'. The next session is on 19 February - topic to be announced shortly.

## ZUMBA - change of hours - Monday

As mentioned in last month's newsletter we are aware that the class times deny access to the circuit for non Zumba goers. To address this on Mondays we shall now stay open until 7.45pm so allow a last work out from 7.15.

Later this month we shall also be opening at 9am on a Monday morning to help the early birds - look out for the announcement

## Zumba Feedback



### (Bendy Bella!)

“Was a fun twist to the normal circuit – had a great time”

“Energetic plus! 1,000 calories lost easily!!”

“Excellent work out all round – exhausted!!”

“Great fun – really addictive – didn’t want to stop!!”

“Is good fun – brings back holiday memories – like being on holiday in Curves!”

“Exciting, fun, fast – great music - love dance steps”

“Bella is fantastic”

## Health Tip

### ***Flossing your teeth could save your life!!***

“Researchers have found evidence that the amount of bacteria in subgingival plaques, the deep plaques in periodontal pockets and around the teeth, may contribute to an individual’s risk of a heart attack, according to two studies appearing in the Journal of Periodontology. These studies further researchers’ understanding that periodontal bacteria may increase the risk of heart disease.”

## Forthcoming events

### Monday 7 March

#### Bonematters are back!

By popular demand we have arranged for Isobel and Tracey to come back to offer their bone density testing service. If you are concerned or simply want more information about Osteoporosis then this is your opportunity to talk to the experts. Appointments (including a bone density test) cost £30 and last approximately 20-25 minutes.



### Friday 18 March

Yes, Red Nose Day has come round again and we will be dressing up - arranging some fun and games in the Circuit and selling some tasty snacks and drinks. There will be a special prize for the best dressed up member – the more outrageous the better, of course!

### Saturday 3 April

#### Special Mother’s Day Eve party

**We are staying open on Saturday afternoon so you can bring your Mum or your daughter in for a cuppa, a cake and a few laughs – and of course show off your Curves! More news to follow.**

**“It’s great to be at Curves**