



Reading West

January 2011

Hi everyone,

Happy New Year to you all!

Well, at the time of writing the rain has come and washed away the snow and fingers crossed we have seen the last of the white stuff. Apologies for having to close unexpectedly early during the cold spell but I am sure you will fully understand.

So what were your New Year's resolutions? If they were a combination of losing weight and getting fit then CRW is the best place to be so share them with us and we can reset your goals where appropriate. Do you have a special event in 2011 planned and want to look your best – if so let's work together and make you look great on the big day!

The Curves Circuit with Zumba Fitness "classes" are proving to be very popular and we are almost full for the first week or two. If you have not yet booked your slots please speak with Reception - we can't wait to get this going!! Please see however the item below concerning access to the Circuit during Zumba times.

For the second year in succession the adverse weather resulted in numbers attending our Christmas Party were not as high as expected - so in 2011 we shall hold our Christmas party in the Summer(!) – look out for details later in the year

Have a great month.

Sandy and the girls

### **"STAR OF THE MONTH"**

We are delighted to announce 2011's first Star of the month is Susan Barham who has lost over 42 lbs, in excess of 34 inches, and a body fat reduction 6.5% which is just brilliant! Well done Susan – wear your SOTM purple bib with pride!

### **ZUMBA – access to the circuit**

Until we can change the class times, introducing Zumba will mean that we will need to clear the circuit prior to the start of each Zumba session, and also following the session, a short period to get ready to revert back to "normal" Curves. Until further notice therefore, the last non Zumba work out on a Monday evening will be at 5.20 pm and on Wednesday mornings, the last non Zumba work out will be at 9.20am and recommence from 11.10am.

We apologies for any inconvenience caused and we are looking to address this in the very near future.

## A New Year – a new start – review your goals

### Health tips

#### Stress management diet

Stress management can be a powerful tool for wellness. There's evidence that too much pressure is not just a mood killer. People who are under constant stress are more vulnerable to everything from colds to high blood pressure and heart disease. Although there are many ways to cope, one strategy is to eat stress-fighting foods. Read on to learn how a stress management diet can help.

#### Stress-Busting Foods: How They Work

Foods can fight stress in several ways. Comfort foods, like a bowl of warm oatmeal, actually boost levels of serotonin, a calming brain chemical. Other foods can reduce levels of cortisol and adrenaline, stress hormones that take a toll on the body over time. Finally, a nutritious diet can counteract the impact of stress, by shoring up the immune system and lowering blood pressure.

#### Complex Carbs

All carbs prompt the brain to make more serotonin. For a steady supply of this feel-good chemical, it's best to eat complex carbs, which are digested more slowly. Good choices include whole-grain breakfast cereals, breads, and pastas, as well as old-fashioned oatmeal. Complex carbs can also help you feel balanced by stabilizing blood sugar levels.

#### Fatty Fish

To keep cortisol and adrenaline in check, make friends with fatty fish. Omega-3 fatty acids, found in fish like salmon and tuna, can prevent surges in stress hormones and protect against heart disease. For a steady supply, aim to eat three ounces of fatty fish at least twice a week.

### Staff changes

We said goodbye to Gemma on 31 December and wish her well in her new pursuit, but welcome Amy to the team in early January. Rita is also curtailing her hours so Sophie will be on hand to fill this space. Look out for the Spotlight on your new 2011 CRW team next month



#### Becca's Manicures

Our Christmas "special" proved to be quite popular so on a trial basis Becca will visit CRW each month to offer manicures at discounted prices. Watch out for these dates and prices on the Noticeboard. Bookings to be made via Reception

### YOUR FRIENDS AND COLLEAGUES

If you would like to help your friends or colleagues to kick off on a new start in 2011, let them know what Curves can do for them and forward this newsletter to them. Remember those loyalty points.....

**"It's great to be at Curves"**