



Reading West

June 2011

*Hi everyone*

**Where has the sunshine gone – hope that's not it!**

As we head towards summer don't forget your Travel Pass if you are going away and want to work out at a nearby Curves. Passes are free but you will not be able to use SMART. Ask at Reception if there is a club near to your holiday location.

I am delighted to say that we are now up to full staff compliment and another new face, Pavinder has joined us – we haven't quite thrown away their L plates yet and I am sure our new staff will receive your patience and full support.

We are entering a busy period now and we have lots of events going on – see below and look out for more notices. In particular our special "Tropical Beach Party" event lined up in July - so get your grass skirt ready!

Finally, we have decided to spread our Zumba times and on a trial basis we will now have a Saturday session. This will mean the last non Zumba session on a Saturday will start at 11am. If you haven't tried it yet, come and give it a go – as we have said previously you don't have to mimic "Bendy Bella" – anything goes!

Have a great month.

*Sandy and the girls*

## Pamper Evening – 22nd June

Our annual pamper evening will be held at the MS Therapy Centre, from 7-10pm. The Centre is located at the end of Brock Gardens, just off the Oxford Road heading west, half mile from CRW. There is plenty of parking.

We will have the usual therapists plus jewellery, handbags and other retail stalls. Check out the Noticeboards for more details.

As ever tickets sell out quickly so please purchase yours at Reception. Payment is requested at the time of booking. Appointments for treatments can also be made with Reception and payments for treatments must be made at the time of booking.

We recommend appointments are made in advance as we cannot guarantee availability on the night.

CRW members are invited to bring along a guest. Ticket prices are £3 for members and £3.50 for non members. This includes admission, a drink (alcoholic or otherwise) and entry to the prize draw. All proceeds will go towards the MS Centre.

## Star of the Month

Congratulations to Carole Noyes who has lost over 18 inches, 13 lbs and 3.6lbs of body fat – well done Carole!

Carole has followed the Curves weight management programme to help reach her goals

## **An ill-fitting bra is an unhealthy booby prize**

A woman's breasts can alter in shape and size throughout her life. Changes may occur due to factors including fluctuations in weight, sport, pregnancy and diet.

Past studies concluded that up to 80% of women wear the wrong size bra. The most common issues are women pick a bra too small in the cup and too big in the back.

There are some health risks associated with ill-fitting bras which don't give the right support. The issues arising include;

- constricted breathing
- back pain
- restricted circulation
- muscle strain

And of course, the right bra can make a difference to the fit of your clothes and your confidence. Come for a bra fitting on 6 June to 'perk' up your bra-buying.

## **Weight Management**

Last month was the final discussion group meeting and we will resume in September.

However, Sammie is still available for 1:1 sessions, please book direct with her.

## **Zumba trials at Weekends.....**

From 1<sup>st</sup> June we will be changing our Zumba times. Whilst the Monday sessions remain unchanged, we will only be holding one session on a Wednesday, between 10-10.30. We will however be holding a Saturday morning session at 11.30 till close.

## **📅 Diary dates**

### **Free bra fitting**

#### **6 June – Curves West Reading**

Sweatshop, the sports clothing specialists, will be at CRW all day on Monday 6 June. They are offering a free bra fitting service. Please speak with Reception if you want to make an appointment.

### **Pamper evening**

#### **22 June – 7-10pm – Berkshire MS Therapy Centre**

By your ticket and book your treatments with CRW Reception.

### **Race for life**

#### **17 July – 11am - Prospect Park**

We close our registration on 8 June. This will enable us time to have the t-shirts printed and to make final arrangements.

The Curves team will be entering the Sunday morning race at 11am. We shall have our purple gazebo and everyone is welcome to pop in for a chat, whether you are running or just supporting.

Remember, to tell your friends about the special Curves promotion where until 30th September any 'runners' producing their participation medal and race number can join Curves for £18!

*Please do share this newsletter with someone you care about...*

*Its great to be at Curves*