

Curves®

Reading West

May 2011

Well, what a great month April was; 2 long weekends, a Royal Wedding and great weather – perfect!!

As we look forward to Summer we will shortly be announcing the date of our annual pamper and retail evening, check the Noticeboards for more news. We also have some other fun events lined up so watch this space.

We also have 2 new members of staff; Gisela and Donna who you will recognise as an existing member. We wish them well and will rely on your support as they learn a new job.

We also have many new members who have joined as part of this year's Food Drive – you are all very welcome to our CRW family.

Speaking of which please go on line and search mycurves.com and check out the health and nutritional advice available. Ask at Reception for your special password

Finally, if you do not receive this newsletter by email but you have an email address please let us know.

Have a great month.

Sandy and the girls

“STAR OF THE MONTH” - 80 years young!

We can't let this special occasion pass without mention and we want to congratulate Jill Davies on not only becoming an octogenarian, but also our Star of the Month for May. Jill has been a member of CRW for over a year and has become a big fan of Curves, saying “Curves has definitely improved my health, I love the social atmosphere and never want to give it up.” Jill has lost 14.5 inches, 7lb and 7.65 lbs in body fat reduction. Well done Jill!

2011 Annual Food Drive

Our Food Drive has now finished and we are delighted to announce that we have raised 496lbs of food and £350 in donations of non perishable foodstuffs. A big thank you to those who participated. Our donations will go to CIRDIC and FAITH local charities.

Travel Pass

Planning a trip? Going on holiday? Don't take a holiday from your Curves workout, maybe there is a Curves where you are heading to? If so, and you are a Standing Order, or Pre-pay member, obtain a travel pass from Reception and maintain your exercise routine whilst away! It makes returning to normality a

lot easier. Remember your travel pass is free and allows you entrance into any Curves club in the world. Check with Reception

Curvesreadingwest.co.uk

We are currently updating our web site and are looking for new member testimonials. So if you would like to send us some words, we will select "the best" and place this on our site. Thank you.

Trader's Noticeboard

Our noticeboard seems to be getting overloaded with business cards and other marketing material. We are very happy to promote other local businesses but please ask a Curves member of staff before placing any cards etc.

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. However the Curves team will be entering 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 your T shirt size.

To celebrate R4L's 18th birthday, we can also announce a special Curves/R4L promotion which you can tell your friends all about. From now until 30th September any "runners" producing their

participation medal at the R4L 2011 can join Curves for £18!

Weight Management: *Stop and Think*

You've resisted temptation before, but today you're faced with a co-worker's birthday cake. To help say "no" to a food indulgence, scientists say the trick is to remember why you resisted a treat in the past. Here's how it worked on a study group: Volunteers were told to recall a time when they overcame a food temptation. One set was asked also to focus on why they did so. Afterward, given a hypothetical choice between cake and fruit salad, only 41% of those who remembered why chose the cake, compared with 70% who simply recalled past temptations. Study co-author Suresh Ramanathan, PhD, says recalling a reason helps strengthen resolve.

Next class – Subject: Healthy Fats - date to be advised

Please feel free to forward this newsletter to a friend or someone you care for. Note we have a special joining 2 for 1 promotion until 31 May.

"It's great to be at Curves"