

Hi everyone

Well, we hope you enjoyed your holidays and are now looking forward to making your curves look even better!

To give you something to help you on your way, this month will see a new machine installed in the circuit –the Pec Deck.

Next month we will launch our fund raising events in conjunction with October's Breast Cancer Awareness "Pink month" and will announce details of what is happening shortly. We raised over £1200 last year and it would be fantastic if we could reach that figure again.

Back by popular demand and in conjunction with our Pink month, we will also be holding our "Sweat with your Sweetie" event at the beginning of November – again watch out for the date. As mentioned, we shall have a pink theme to this event, so get planning if you want to participate – it was great fun last year!

Finally, as advised we had to cancel our Zumba sessions in the last 2 weeks of August due to being let down by our replacement for Bella who was on holiday. As a result we have extended our Zumba offer to 12 September, and any member who had paid in advance for the cancelled sessions will receive a credit towards their next session.

Sandy and the girls

Weight Management

Our weight management sessions will begin on Saturday

Our programme in the run up to 2012 will be,

The sessions will take the usual format of where Sammie will lead a topic followed by group discussions and planning for each individual. These sessions really work best when we can share experiences and our plan is to have "diet buddy" to promote a combined effort and drive towards losing weight. More details to follow soon.

Weight management sessions are free of charge.

Farewell to Amy.....

We are sad to announce that Amy will be leaving us this month to take up her place at University where she will be studying international politics. I am sure we will all miss her bubbly and chirpy personality and wish her every success – we may even see her on Question Time one day!!

★ **Star of the month**

Congratulations to Nicola Cook who has lost 30 inches, 31 lbs and just over 20lbs of body fat. Well done Nicola !

Loyalty Card scheme

Just a reminder to say that you earn can points when introducing a friend to join CRW. A condition of earning the points is that the friend must remain a member of CRW for at least the initial 4 month contract. Speak with Reception if you have any questions.

On 8 & 9 September we have invited our ex members to come in and see what they are missing

“Helen on High” *(by Helen Nowacka)*

Some of you may have noticed the absence of an elderly member who constantly moans while crawling round the circuit. That's me, the one who slouches in and skips out when finished. My husband and I have just spent a week in the Zakopane, a mountain resort close to the Tatra mountains in Poland. As we are getting on a bit, we decided that we would do our last walk up Giewont, a famous mountain 5700 ft high. Ben Nevis is only 4400ft. We did it easily 10 years ago, but this time I was the oldest and slowest thing on the mountain. My balance has gone and the old knees are wearing out, hence the slowness. I grudgingly have to admit that going to Curves meant that I was fitter than 10 years ago. I used walking poles and had on some classy American knee braces. My husband who is Polish, told me someone said, "Look at that," eying my tasteful knee wear. "Next thing Americans will be up here in wheel chairs." Cheeky devil! At least I got to the top, unlike the red-faced young men sitting near the bottom of the mountain, gasping as they lit their fags.

The summit is reached by a path a foot wide with a sheer drop to the foot of the mountain. The route is one way, with climbers holding on to a chain to get to the top. Some years ago we witnessed some poor woman who had lost her nerve half way up and scrambled back frantically

pushing people aside to get down. Although I don't speak Polish, I got the distinct impression that she was not popular.

This time we witnessed a helicopter rescue right near the top. An unfortunate woman had what looked like a heart attack. The pilot was brilliant; the helicopter came so close to the path that the blades almost touched the mountain side. I hope the lady recovered, but I was very relieved that it wasn't me. Moral of the story, don't attempt strenuous exercise without training first.

So there you are - Curves works even for 71 year old dears!

Open Day – 8&9 September

We have invited our ex members to come in and see what they are missing! If you have a friend who is an ex member let them know of this event and use your Loyalty Card to earn some credits.



Come and join us on Facebook and catch up on events and news plus feed-in to the chat line. And don't forget to tell us that you 'Like us'.

www.facebook.com/curvesreadingwest.

Speak with Donna if you have any problems.

Finally, if you would like to receive this newsletter by email just email us at curvesreadingwest@yahoo.co.uk and we will send it to you electronically.

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

Its great to be at Curves