



Curves®

Reading West

April 2010

Hi everyone,

Well I think it is safe to say that Spring has sprung (although at the time of writing Scotland is covered in snow!!) – there's something special in seeing the crocus and early daffs poking their heads up.

Last month's Food Drive went really well and we managed to collect over 390 lbs of food and cash donations of £400. We have made our donation to the Reading Homeless Charity – many thanks to you all.

Of course this means we have some new members and I welcome you all to the CRW family. If any new member did not receive their Curves freezer bag when joining please let one of the staff know – they were late arriving so some of you may have missed out.

The "Tea with Gloria Hunniford" event was excellent with over 200 ladies

attending. The main theme was Breast Cancer Awareness and as well as listening to Gloria there were three guest speakers who were all suffering from or had survived this dreaded disease. The main topics discussed were self examination and early detection and being aware of any changes to your body. It was a very emotional afternoon. This event was organised by one of the London Curves clubs and I shall let you know of any future gatherings. (Ed – remember our Liv Aid product)

Curves International has recently launched its "Stronger Together" campaign where we are aiming to make a million women stronger. I have reproduced our Mission Statement below.

"Each year, millions of women suffer needlessly from preventable disease. Together, we can change this. We can live years longer and enjoy life even more if we take small steps every day toward health.

And it all starts with you. By making your own health a priority, you become a strong link in the chain and have the power to affect those around you. So share your strength with a woman in your life. Encourage her. Pass along something you've learned or share a success you've had. Help her become healthier and gain confidence. She'll feel better and live better, which will positively affect everyone around her. And then, she can share her strength...

Together we will make this world one million women stronger."

Look out for CRW's response to this in the forthcoming weeks

Have a great month

Sandy

CLUB NEWS

GETTING BACK ON TRACK – SPECIAL PROMOTION – RESULTS!!

Our Getting Back on Track promotion has finished and your response to this challenge was fantastic. Over 30 of you managed to reach the prize entry level of 31 workouts and we are delighted to announce that Hazel James' name was drawn first out of the hat and wins 3 months free membership. Hazel managed 53 workouts in the period.

Second prize of 2 free months was won by Rita Hannon and winning one month free as third prize was Clare McSoley.

Bonus Draw

Six of the 32 managed to achieve 39 workouts with Rita Hannon reaching an incredible 61 (*Ed – did she sleep in the studio?*) and so qualified for the bonus draw.

We are pleased to say that the winning ticket belonged to Jacqui Sutton who wins a £50 M&S voucher. Congratulations Jacqui!

Even though the promotion has finished make sure you keep up your personal number and reach those goals. If anyone wishes to review their goals to maintain motivation please discuss so you “keep on track”.

Have we got your email address?

If you do not receive your newsletter by email it means we do not have your details – or you may have changed your e address. Please let us know so we can amend our records.

****”STAR OF THE MONTH”****

We are delighted to announce that April’s star of the month is **Fozia Kayani** who has lost 22lbs, over 20 inches, and body fat reduction of 6.7% which is brilliant - well done Fozia – wear your SOTM purple bib with pride!

FORTHCOMING EVENTS

Don’t forget the Midnight Walk and Race for Life events coming up. Registration details are on the Noticeboard.

Also don’t forget that our circuit coach Sophie Caton is appearing at South Hill Park, Bracknell on April 18th (7.00-8.30). Sophie will be singing and dancing to her favourite songs. Sophie has also landed a role in “Into the Woods” at Regents Park Open Air Theatre during the Summer.

On the subject of performing and the arts, please do let us know if you are interested in a trip to the theatre. “Jersey Boys” or “Legally Blond” are the current favourites. If there is sufficient interest we will arrange transport from Curves. This event is open to non members also so if you register your interest please advice numbers as this will impacts on the cost.



It’s great to be with Curves!