



Reading West

March 2010

Hi everyone,

*Well here we are - racing towards Spring and the lighter evenings are just around the corner – hurrah!*

*This month looks to be busy with our annual Food Drive where we collect bags of donated food for our chosen local charities, and this is the only time we want to add more weight (in food of course!) and beat last year's achievement. Although this is aimed primarily at new members, any existing member wishing to donate a bag of non perishable food is most welcome.*

*Well, how you are enjoying your new stretching circuit? Feedback has suggested it has added to your overall workout and stopped you 'cheating'. Let us know your thoughts.*

*Are you participating in our Getting Back on Track promotion – if not there is still time to come with a late run, make a difference and win a prize*

*Our Fight Like a Girl workshop was held on 13 February – see Claire's comments overleaf. We plan to hold another in mid October and will also be gauging interest for a Mums & Daughters event in the Summer.*

*Have a great month*

*Sandy*

## CLUB NEWS

### GETTING BACK ON TRACK – SPECIAL PROMOTION

Remember the special prize draw for those members who manage 31 workouts between January and March. The three winning names will win 3 months free membership, second prize will be 2 months and third prize one month free membership.

A special bonus draw will be held for members achieving 39 workouts!

### “STAR OF THE MONTH”

We are delighted to announce that February's star of the month is Dawn Mountford who since joining has lost over 9lbs, 17.5 inches, and body fat reduction of 1.5 % which is brilliant - well done Dawn – wear your SOTM purple bib with pride!

### Staff News

You might have noticed that Aisha Malih has “changed sides” and is our latest recruit and circuit coach. Please treat her kindly, her “L” plates are still on!!

### Weigh and Measure

Ladies – don't forget those goals – book your W&M and check your progress.

The 2 Weight Management classes are likely to be merged next month – do look out for the notices and especially the meeting dates.

## Erica's Story.....

I hope you all had the opportunity to read the article on Erica Clarke's Curves experience in Get Reading on 19 February and I hope her words inspired you to replicate her achievements. Erica is a fantastic ambassador for CRW and this article should act as a great spur to you all. It gives us so much satisfaction to be part of each individual's journey towards improving your health, strength and happiness and every member should be proud of their achievements.

Our goal at CRW is to continually strive to deliver the best possible service, and we rely on your comments and feedback to ensure we meet your expectations. If you have any comments on how we are doing or how we could improve please let us know.

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### **Fight Like a Girl workshop – testimony from Claire McSoley**

**“My daughter and I attended the workshop and both found it an enlightening and enabling course and are able to take forward what was taught.**

**My daughter, being a typical teenager for once took on board her own responsibility for keeping herself safe. She no longer walks to school with headphones in, and will not take the exact same route every day.**

**As a mother I am grateful for someone to be able to help a teenager understand the risks.**

**I strongly recommend this course for all women and girls above the age of 14 and will be the first to sign up other members, friends and family.”**

*(Ed – thanks Claire - we hope you will never have to use your new-found skills but you are now prepared).*

## **FORTHCOMING EVENTS**

### **Fancy a trip to the theatre?**

A suggestion of arranging a trip to the theatre has been received and a notice will soon appear to gauge interest. We shall put together some costings to enable you to decide. The event will be open to everyone, including other halves!

### **Pamper Evening**

We are also planning our special pamper evening likely to be in June – watch this space for further details.

### **Midnight Walk & Race for life**

Don't forget these 2 events coming up in May and July – see the Notice board and register NOW. The Race for Life Reading event is being held over 2 days this year and is major date in the Curves Calendar - please support us as best you can by either participating or joining us on the day.

**It's great to be with Curves!**