

# Curves®

Reading West

May 2010

Hi everyone,

*What a fantastic start to Summer – the weather was brilliant in April and let's hope it remains. With the sun shining we had to include an article about holidays this month, and what an incentive to get that body into shape!*

*Our 'Machine of the Week' proved to be popular even though it was hard for some to "re-learn" but I hope it pays dividends. Watch out for this month's lesson!*

*In response to our Stronger Together campaign we will be holding a "Friends Day" this month when all members are invited to bring in a friend and encourage them to join Curves. More details below. Remember also that until 31 May we are offering a "2 for 1" joining promotion, so if you have 2 friends then all the better. If you only have one friend we will try where possible to match them up with another one and they can benefit from the 2 for 1 promotion. We will have a special prize draw for those members introducing a friend this month. See below for details.*

*Finally, we will shortly be introducing our Curves Reading West Loyalty Card where upon reaching a certain number of introductions, you will qualify for a reward. Watch this space.*

*Have a great month*

*Sandy*

## CLUB NEWS

### Weight Management

Next Weight Management class is scheduled for 8 May from 12.30. Any new members are welcome to join in – we can introduce you to the programme and give you some 1:1 support.

### "STAR OF THE MONTH"

We are delighted to announce that May's star of the month is one of our founder members, Tahira Parecha who has lost over 14lbs, over 22 inches, and body fat reduction of 2.3% which is brilliant - well done Tahira – wear your SOTM purple bib with pride!

### "Disco Nights"

In launching our themed sessions, we will be playing disco music all evening on 27 & 28<sup>th</sup>. Members are welcome to workout in 'disco gear' if they wish!

## Election Day Special!

Join in the fun on 6 May when we will see how much you know about the 3 party leaders. We will also be holding our own exit poll to see if CRW is representative of the country as a whole.

Who said politics is dull??!

## **“Stronger Together”**

### **Friends Day 22 May**

As reported last month our aim in Curves International is to make one million women stronger and all our members are invited to play their part. So on 22 May we are asking each of you to bring in a friend so together we can show them what Curves is all about and how they can become as strong and healthy as you. What a great way to show you care!

Members bringing in a friend will automatically be entered into a prize draw and their friend will be able to take advantage of our “2 for 1” promotion, thus saving them money whilst they improve their health!

### **FORTHCOMING EVENTS**

**26 May** – Local author Christine Brooks will be holding a book signing event in the studio from

**22/24 June** – date to be confirmed. Our annual pamper evening featuring facials, nails, threading, Indian head massage reflexology plus your favourite retail stalls including skincare and jewellery etc.

**18 July** – Race for Life - it's not too late to register and join the Curves' Clubs members “running” to help this worthy cause. Check the Noticeboard for details

**Theatre Trip** – watch out for details in next month's edition.



### **Holiday 2010**

Many of us will be travelling to warmer climes in the next few months, but many of us don't learn and we literally “overcook” ourselves in the first few days, making the next few pretty miserable.

So here are our tips for a great suntun and happy holiday

1. Avoid the sun at its height between 11am & 3pm
2. Ensure you get the right sunscreen for your skin type
3. Always re-apply sun cream after getting out of water – even if the bottle says it is waterproof.
4. Drink plenty of water
5. Alcohol and Sun is not a good cocktail!

We would love to hear about your holiday, particularly if you have a recommendation to share with your fellow members –

*Sandy's tip.....*

*Hilton, Hurhgada, Egypt.*

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