

THE *Curves* CHRONICLE

Caldicot & Chepstow

It's great to be at Curves!

Swiss ball class

Tuesday 28th
September
£8 pp.
Sign up on the
Events Board!

* THE BEST OF AUGUST *

Biggest Loser Caldicot

RACHEL HOPLEY

Biggest Loser Chepstow

MANDY DUNKLEY



Quote of the month

"Great changes may not happen right away, but with effort even the difficult may become easy."

- Bill Blackman

Comments Box

For a short while we will be leaving out a comment box for your use, should you want too. We rely on your feedback too help our club climb to be the best it can be!

Tuesdays and Thursdays FREE for friends.

Know someone that has been saying that they need to get healthier and fitter? Well this September your friends can try Curves for free on a Tuesday or Thursday! Ask a member of staff for a free pass for them to use this month!

New For Sale

Wristband sweatbands. These are great if you get a little sweaty. We have them in a variety of colours so please look out for the display in club!

Staff

As you may have noticed, over the last week or two we have been unable to keep our promise to have a member of staff in the circuit for the majority of the time of your workout. We have had to say goodbye to Libby, Kate and Hannah in a very short time (we wish them good luck back at school!). However, we are very excited to say that we will soon be able to introduce you to our two new members of staff Clare, Abi & Jess. Look out for them.

School dress up day!

We know you are young at heart so we want you to all have fun and exercise in 'back to school fancy dress' on **Wednesday September 15th!** There is no reason for this...other than for us to all have fun and have a giggle!

Tai Chi class

A number of members have asked for a one off session so hopefully a date for this will be displayed in the club shortly!

Highest Attendance

Caldicot

**AMANDA GROVES
LINDA MELVIN**

Highest Attendance

Chepstow

**JULIE JONES
MARGARET GORE**

WELL DONE LADIES!!!

* Workout Hurdles! *

CALDICOT

100

**Rachel Hopley
Jan Williams
Annette Gregory
Fiona Marshall
Jo Howells**

200

**Maureen Pearce
Alison Harrison**

300

**Alison Grenyer
Vicky Day**

CHEPSTOW

100

Alison Raggett

200

**Lesley Boon
Becky Rush
Mary Perryman
Sue Putterill**

300

**Shelagh Jenkins
Judy Davies
Virginia Pockett**

RECIPE OF THE MONTH:

Smoky cheddar potatoes

Prep Time: 60 minutes

Serving Size: 1 cup

Number of Servings: 4

Ingredients

- 4 medium potatoes cut into 1 inch chunks
 - 1/2 teaspoon salt
 - 2 tablespoons butter
- 1 cup shredded smoked or regular cheddar cheese (4 ounces)
- 2 tablespoons bacon flavored bits or chips
- 2 medium green onions, sliced (2 tablespoons)
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Directions:

1. Heat coals or gas grill for direct heat.
2. Place potato chunks on a 30x18 inch piece of heavy duty aluminum foil.
3. Sprinkle with salt.
4. Dot with butter then sprinkle with cheese and bacon bits.
5. Wrap foil securely around potatoes. Pierce top of foil twice with fork to vent steam.
6. Cover and grill foil packet with the punctured side up.
7. Cook 4-6 inches from medium heat for 45-60 minutes or until potatoes are tender.
8. Sprinkle with onions and serve.

Nutrition Info:

Calories: 290; Fat: 16.0g; Saturated Fat: 10.0g; Protein: 9g; Carbohydrates: 26g; Fiber: 3g; Cholesterol: 45Mg; Sodium: 543Mg

Calendar girls

We love to celebrate our members, and that is why we have a calendar girl every month. However, we can't choose someone without your help. If you know someone that is special for any reason (caring, helpful, motivating etc etc) please make them known to a member of staff. We will display them for all the club to see and reward them with lots of stars to put towards their curves merchandise!

Diane Magazine

"Questions about Curves?"

p.29

Q. Help! I joined Curves 13 months ago to lose 30lbs I'd gained after having a baby. I've lost almost all of the weight, but my stomach hasn't bounced back the way I'd hoped. Any advice?

A. Congratulations on your progress! Unfortunately, you can't control exactly where weight comes off your body. Most women notice a stubborn spot as they approach their goal, and it's often the abdominal area. Simply doing more crunches will not reduce more belly fat any faster, but regular cardiovascular and resistance training will. Stay focused on your goal, and continue to work hard during your Curves workout. The Ab/Back, Oblique and Lateral Lift will help keep the abdominal muscles toned, and you'll burn calories. To boost your calories burned, add cardiovascular activity like walking, jogging, or biking on days you don't attend Curves. Also, continue your food diary. It will alert you to any mindless snacking that may keep those last few pounds from coming off.

- Gary Heavin, co-founder of Curves.

Buy your own copy of the Summer 'Diane' magazine for only £2.00! On sale in club now!

SEPTEMBER CHALLENGES

Back to school

Get back to basics with Curves!

"Sharpen your pencils and get ready to amaze yourself. Summer is over and you deserve to spend time on yourself!"

Take part and you can win some fab prizes! Check out September challenges board for rules of how to play!

Pound game!

Could money be your incentive to lose weight this month? If so take part in the **pound game**. To enter all you need to do is pay a pound and see how much weight you lose in 4 weeks.

The member who loses the most wins the pot! If this sounds like fun to you, ask a member of staff to get you weighed so that you can start.

A big Thank you to **Viv Evans who is kindly helping us with the displays in the clubs. We love to see our members taking pride in the club, so thanks so much! We are very grateful 😊**