

“Even if you’re on the right track, you’ll get run over if you just sit there” -- Will Rogers

THE *Curves* CHRONICLE

Caldicot & Chepstow

It's great to be at Curves!

2) Friday February 5th

Join the team for a fun bowling tournament against the Pontypool Curves branch in Cwmbran!

* THE BEST OF JANUARY *

4) Wednesday February 24th

Hypnotherapist Ruth Harrington will be coming into Chepstow curves to talk about how you can use your mind to help you lose or maintain your weight. Please write your name down if you will attend.

Biggest Loser Caldicot
ANNA CREDINGTON

Biggest Loser Chepstow
BECKY RUSH

Winner of Jan Workout Raffle
ALISON RAGGETT



Top 3 Attendees
SHELAGH JENKINS
VICKY DAY
PAM CHERRINGTON

Calendar Girl
BERIS LEWIS

WELL DONE LADIES!!!

Recipe of the Month *Baked Stuffed Cabbage*

Nutritional Information

Carbohydrates: 8 grams *Protein:* 25 grams *Fat:* 14 grams

Ingredients

- 8 Lg. green cabbage leaves
- 1 lb. ground beef (90% lean)
- 1/4 C chopped onion
- 2 T chopped fresh parsley
- 3/4 t salt
- 1 t chopped fresh thyme, or 1/2 t dried thyme
- 1 sm. Clove garlic, minced
- Pinch of cayenne pepper
 - 8oz can tomato sauce

For the preparation, go to

<http://www.curvesofbremerton.com/recipes/cabbage.html>

INFORMATION IS POWER

You must work the machines with intensity. Remember that the speed of movement determines the amount of resistance. Strength training achievement requires you to move a resistance, which is 60% to 80% of your maximum lifting ability. Moving more slowly the machines means you move less resistance and you may not achieve the full benefits of strength training. Therefore ladies let's go for it on the machines and Recover on the Recovery Stations. Don't forget to get Weighed & Measured, or get booked in for a push session, as our team is on hand to re-set those 2010 goals!!

5) Saturday February 13th

As it is Valentines Day on Sunday, we are going to be opening the club up to your partners! You can simply put them to their paces on the machines, or they can just come in and see why you love coming to Curves! Make sure they wear their trainers!

3) Wednesday February 17th

Lyn Sanderson will be coming into curves to do a fun dance exercise class for an hour. Only 10 spaces available so put your name down today!

Missing Appointments and Activities at Curves

We appreciate that everyone is very busy, however, we are still getting lots of members that are not turning up for their measurements and weight management class. The classes are prepared according to the number of people attending...so please can you call our staff in plenty of time to let them know if you cannot attend. This may also allow another person to have your slot.

1) Tuesday February 2nd

Liz will be running her free physiotherapy clinic again. By appointment only so book your place with a member of staff as soon as possible. Limited spaces!

8) Saturday 6th & Wednesday 10th February

Come to the next weight management class and earn 5 stars! The topic this month will be "Emotional Eating"
Look at the Weight management boards for class times!

February Big Star Winner

To earn 20, (yes 20!) stars this month, just bring a friend to workout with you on one of our tag-along Thursdays during Feb.

9) Did you know Curves Members have their own website packed with recipes, nutritional and motivational information, and much more? We will give every member * 2 stars * for logging on to the website...collect your access code from a member of staff. To prove you have been on the website to get your stars, you will need to show us a printout of one of the recipes!



10) Win a hamper of luxury cosmetics and champagne worth over £40 by giving your friend/family members/neighbours/workmates a free visit to Curves. Ask a staff member of staff for more details.
Ends Feb

Why Protein shakes are handy...

- 1) If you skip breakfast
- 2) if you skip snacks
- 3) if you are always on the go and do not have time to eat properly
- 4) If you crave sugary snacks
- 5) it's a quick and easy way to pump up your protein

Protein is vital part of a weight loss plan. Consuming protein when losing weight enables the body to retain more lean muscle tissue and burn more amounts of fat. **Muscle burns calories throughout the day**, even at rest! However, protein is not an easy nutrient to consume...as you cannot carry a steak or piece of chicken with you! But you can quickly whip up a protein shake and take it with you. Shakes make a great post exercise recovery drink, breakfast or snack option and are also a healthy way to satisfy your sweet tooth. You can also add it to other things to make yummy recipes!

We have four flavoured options for you at Curves...**Strawberry**, **Chocolate**, **Banana** and **Vanilla**.
See staff for more details!

Valentines Day Facts

This was originally thought to be the day on which birds chose their mates. There are many traditions and tales associated with romance activities on Valentines Day including:

- * The first man an unmarried woman saw on 14th February would be her future husband;
- * If the names of all a girl's suitors were written on paper and wrapped in clay and the clay put into water, the piece that rose to the surface first would contain the name of her husband-to-be.
- * If a woman saw a robin flying overhead on Valentine's Day, it meant she would marry a sailor.
- * If she saw a sparrow, she would marry a poor man and be very happy.
- * If she saw a goldfinch, she would marry a rich person.

Each year in Britain, we spend around **£503m** on cards, flowers, chocolates and other gifts for Valentine's Day.

Traditionally these were sent anonymously, but nowadays we often make it clear who is sending each 'Valentine'.

6) Friday 12th and Saturday 13th

Wear a red t-shirt during your workout on Friday 12th and Saturday 13th February and earn yourself some stars! *

The purple boxes in the Newsletter show you what you could do this February at Curves!

And we've even thought of an eleventh...

11) Have the chance of winning 50% off next months membership fee. Fill out a questionnaire in club. Must be received by Feb 5th!

7) Take part in our 'Stronger Together Campaign'. Collect your calendar, tracker card and website access code from a member of staff.