

It's great to be at Curves!

**THE POWER TO
AMAZE
YOURSELF!**

Did you know that Curves 30-minute circuit can burn up to **500 calories** in a single workout?

H appiness depends upon your outlook on life.
A ttitude is just as important as ability.
P assion find yours this year!
P ositive thoughts make everything easier.
Y ou are unique, with special gifts, use them.
N ew beginnings with a new year.
E nthusiasm is a true secret of success.
W ishes may they turn into goals.
Y ears go by to quickly, enjoy them.
E nergy; May you have lots of it.
A ppreciation of life, don't take it for granted.
R elax take the time to relax in this coming year.

Ty Hafan Donations

Simon and Laura want to say a **massive thank you** to all our kind members for your generous donations. We collected **over 90 gifts** for the children. We think we have the most generous members in all of the curves!

**ADD US ON
FACEBOOK –
“CURVES
CHEPSTOW
CALDICOT”
FOR CONSTANT
UPDATES**

CURVES WEIGHT MANAGEMENT PROGRAMME!

Curves introduces a **FREE** weight loss solution that'll fit you for a life time.
Whether you're ready to start losing weight, need to boost your metabolism, or just want to learn more about healthy eating, Curves offers monthly classes to suit your needs.

The special topic for January is **Conscious Eating** sign up for this class today!

**WHAT'S DIFFERENT ABOUT THE
CURVES WEIGHT MANAGEMENT PLAN?**

- IT REVS YOUR METABOLISM
- IT ALLOWS YOU TO EAT
- IT OFFERS A WIDE VARIETY OF FOOD
- IT'S HEALTHY
- IT PROVIDES PERMANENT RESULTS WITHOUT
- PERMANENT DIETING
- IT WORKS!

Remember the class is also open to non-members, so invite your friends & family so you can all support each other on your healthy weight loss journey!

Next Class; Sat Jan 9th and Wed 13th January.

Sign up in club. Limited spaces!

For further details or to book your place for the next class, ask a member of your Curves Team.

**ARE YOU ACHIEVING YOUR
GOALS?**

**MAKE 2010 YOUR YEAR WITH
CURVES KICK START PLAN!**
SIMPLY MAKE AN
APPOINTMENT TODAY WITH
ONE OF OUR STAFF TO GIVE
YOU A LITTLE EXTRA
HELPING HAND!

We find that those members that book in regularly for a weigh and goal setting session are the ones that reach their goals quicker!

**Money Saving
Tips**

Save **£££'s** on your weekly shop!
Check out **mysupermarket.co.uk**

If you have any credit crunching tips please let us know! 😊

Super Food of the Month

SPINACH

Looks like Popeye had it sussed! Spinach is a power house of a vegetable, with antioxidant, immune system-supporting vitamin A. It's also high in folic acid.

A Few Quick Serving Ideas:

- Add layers of steamed spinach to your next lasagne recipe.
- Toss steamed spinach with pressed garlic, fresh lemon juice and olive oil. Sprinkle with a little Parmesan cheese.
- Pine nuts are a great addition to cooked spinach.
- Spinach salads are a classic easy and delicious meal or side

What are 'stars' at Curves?

You will most probably notice that we are always trying to make you win stars! Just incase you don't know what they are and how you earn them keep reading...

How to earn them:

- On every 50th workout
- For being calendar girl
- For your birthday
- For dressing up on dress up days
- For giving to our charities
- For taking part in in-club activities
- For bringing new friends to curves

And many more!

What do I do with them?

You save them all up and then exchange them for curves products such as t-shirts, water bottles, towels and bags.

Read the 'star' board for more info as there are always new ways to earn stars!

Questionnaires

We want to keep improving our services at Curves so we would like feedback from our members. Any suggestions or ways we can help you reach your goals! Just fill in the forms in the club which are placed by the water fridge, and pop them in the box provided. All members that fill it in will be entered into a draw to win 50 % off next month membership. We are always looking for ways to improve our services within the club, so we appreciate any feedback. So please continue to fill out the forms in the club by the end of January.

Bowling Night Out

We will be having an inter curves bowling challenge (for charity) in Cwmbran against the Abergavenny, Pontypool, Newport and Ystrad Mynach Curves members at the start of February. Sign up lists will be put up soon so make sure you sign up! Don't worry if you have never played as it will all be for fun!

Curves Pub Quiz team

We are looking to put together a curves local pub quiz team. If you may be interested in taking part, sign up on the events board soon!

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To be a little more environmentally friendly Curves would like to send the next newsletter out via email to those of you who have email addresses. So if you would like to join us with this, just email **curvesstaff@live.co.uk** to request your copy or fill in the form below and hand it in.

Name:

E-mail:

If you provide us with your email address to send the newsletter to you, you will earn yourself 10 stars towards your curves merchandise.