

It's great to be at Curves!

To see all of the photos from this months events, check our facebook! Search 'Curves Chepstow Caldicot'

Workout Hurdles

Caldicot

100

ADELE PARFITT
KAT BRUCE

200

AMANDA GROVES
NICKY MERRICK

300

ANN NICHOLAS

400

ANNE SEE
LINDA MELVIN

Chepstow

100

MARGARET GORE
AMANDA TINDALL
SALLY MORGAN
MARJ HOWELLS
ANNETTE FARR

200

ANITA FROOD
NICKY LEE

*** THE BEST OF OCTOBER ***

Biggest Loser Caldicot

VANESSA EVERETT

Biggest Loser Chepstow

ROSE KILBOURNE



Highest Attendance

Caldicot

EILEEN TAYLOR

Chepstow

CATHY ALLEN

WELL DONE LADIES!

October charity efforts

A massive thankyou to all those that took part in all our charity events this month for breast cancer awareness. We had three main events... the **charity walk** where over 40 members and 10 dogs took part. A huge well done to **Rachel Harris** who raised a massive **£500** by participating in our walk! We were also really pleased with the turnout we had for our **girls night in.....** we enjoyed some lovely pampering treatments and some very useful talks. We also did a silent auction...thankyou to all those that donated gifts and bid. Lastly, we had our **sponsorthon workout** where all our staff (yes including simon) did the curves workout for their whole shift! We couldnt have done it without you! A big thankyou goes out to **Marj Howells** and **Margaret Gore** who switched roles with the circuit coach for the morning to push Anna....and they raised **£189.50!** Also thankyou to **Tracey Guest** and **Hazel Williams** for staying on with Laura/Abby to help her complete her final 10 laps!

We are very pleased to announce that the total amount of money raised by Curves was an amazing £2030!!! So a huge thank you and well done to all those who helped us raise this fantastic amount of money for a very good cause; Breast Cancer Awareness.

Swiss ball class

date

Wed 17th
November 2010 at
8pm in Caldicot
Curves.

Weight Management Class

Caldicot

Thursday 18th
November

Chepstow

Saturday 13th
November

Check the times on the weight management board in club and sign up today!



"You try to eat better, and eat less, but sometimes it's just so confusing. Here's how to start filling up."

A couple of quick tricks to start eating better are to always choose a small bowl or salad size plate. It makes it tougher to overfill that way. Another good method is to start by filling your dish with the healthy stuff. For breakfast, put a healthy serving of fruit into your cereal bowl first, then top with no more than one cup of cereal. For lunch or dinner, make the largest serving on your plate salad and/or vegetables. We are visual people, and if it looks like more, we feel more satisfied.

**Free protein shake
and bar taster
session with
'Lamberts' at
Chepstow Curves
8am
November 22nd**

Free Physio Clinic
24th November
330-530, Caldicot
Curves.
Please note that liz
offers free advice at this
session and not actual
treatment.

Bath Trip

We still have spaces for our bus trip to the **Christmas Markets** in Bath on **Saturday 27th**. The **cost is £17** and includes transport to and from the market, but also a cream tea or toasted bun! Please can all ladies interested in attending the Bath Christmas Market Trip make their **payment by Friday 19th November**. Feel free to bring your friends and family who are non members too!

**Congratulations Amanda Lewis, who won herself a free month by getting 3 of her friends to join, using our Curves 'Club Card'
Ask staff for more details!**

Well done to **Eileen Taylor** who won our **'Back to School'** challenge last month and won herself a free manicure at 'Touch of Class'!
Also, congratulations to **Debbie Williams**, the winner of our **'Pound Challenge'**.
Debbie lost **7lbs** in the month and therefore won the **£11 prize!**

Take part in our club competitions and events so you can win fab prizes like these and have some fun too!

Nothing to lose *30 to give*

Curves understands the challenge of maintaining your weight over Christmas.

To help you make healthy choices and continue your workouts, we've created the "Nothing to Lose" promise. All you have to do is sign up - you'll stay healthy and be rewarded! It is also the season for giving and to show our appreciation to you, we're giving each of you three gift memberships for 30 days at Curves to give to your friends to use leading up to christmas! We'll post your gift memberships and inform the recipients about everything your gift entails.
GIVE THE GIFT OF CURVES

BCR Bra Collection

Thankyou also to all our members who helped us collect 97 bras in Chepstow and 159 bras in Caldicot. All bras collected will be sent to BCR global textiles who will then weight our bags of bras and send the correct amount of money to our chosen charity **'Breast Cancer Care'**.
The bras will then be sent to numerous third world countries.

Mens Class

As requested, we are now going to have an open evening for your men to see if they would like to participate in the mens class 'get active.' We will hold the evening between **8 and 9.30pm on Tuesday November 23rd**. The six week class will then commence in January for those that wish to take part.
Please let a member of staff know if you know someone that wants to come to the evening so that we can cater for the numbers.