

# Curves

## Newquay Summer 2010

# NEWSLETTER

### Just a thought...Nurture

**Hello ladies and welcome to the summer 2010 curves newsletter!** The 'Just a thought' is going to be a regular feature in our newsletter, bringing you something inspirational and uplifting to read.

At Curves we truly value women, we really want to create an environment for you to have fun and achieve your goals. We see your

potential and we want to nurture, help and encourage you all the way!!

I recently read a book called Nurture by Lisa Bevere, she really highlights how women nurture other people instinctively, it is one of our gifts. The definition of nurture is 1. To give tender care and protection. 2. To encourage, to grow, develop, thrive and be successful. I wanted to include an excerpt from the book, which is a definition of a mother, it really made me smile when I read it as it so true of many women I know, in and out of Curves.

#### **Mother...**

I have found mothers to be those who lay down life to bring forth life—whether this is by way of natural childbirth, adoptions, or rescue. I have found mothers to be advocates for children and change, protectors, nurturers, and healers of sick children. They are the ones who respond to a child's cry in the night. They grow into masters at multitasking. A mother is one who feeds and

sustains life with warmth and what beauty she finds. She is a wiper of tears, calmer of fears, tender of injuries, instructor, teacher, friend, and confidant who gives advice whether you ask for it or not! She is a woman with answers who will tell you who she is. ("Because I am your mother, that's why!") A mother is likened to the interior coating of a shell called the mother of pearl. So whether you have children or not, you're a nurturer, you can nurture anyone!! And I'm aware as I write this that there will be some of you who were never nurtured. We want you to know we think you're fantastic, even if you go unthanked sometimes at home for all you do!!

See you in the circuit, Emma x x x

### Staff update

In recent months Sally relocated and has brought her own Curves, and Lisa has left to pursue her driving instructor business!! Both of these lovely ladies were brilliant and gave a lot to us here at Curves, we miss them and wish them well on their new ventures.

A big welcome to Corena and Steph who recently joined the team. Welcome back to a few old faces, Emma who is back from maternity leave part-time and Alison also coming back part time. Jenna is back on a Thursday night, helping you to work up a sweat in **power hour**. This is from 5pm-6.30pm and Jenna stays in the circuit giving

you lots of different things to do on the recovery boards. Come along and give it a go.

### Upcoming social event

On Friday 16<sup>th</sup> July at 7.30pm we will be having a *Colour analysis* evening with the lovely Shirley Rees. This shows you what season you are (spring, summer, autumn or winter) which in turn tells you what colours suit you. I (Emma) had mine done a few months ago and it is amazing, it really works!! It makes shopping so much more fun and gives you a real confidence boost. Try and make it if you can it will be a great night. If you want to come, write your name on the sheet next to a number and Shirley will choose a number at random and that person will get a full colour analysis done that night worth £30!!

Afterwards we will be going for drinks



at the Lewinnick Lodge 9pm, you are welcome to come to just one or both parts of the evening.

### Nutrition tip

Another new slot, this summer we wanted to do a focus on water as it is fundamental to our health. Did you know that drinking enough water is essential for the body to function at its best? A dry mouth is not the only sign that your body is dehydrated. It is the last sign. Persistent water shortage in the body can lead to disease, pain and other medical ailments as well as a general lack of energy. You need around 2 litres or 8 glasses of water per day. I find filling up a 2 litre bottle in the morning and carrying it around with me all day the easiest way to remember. All you have to do is make sure its empty before you go to bed, easy peasy!!!

### New opening hours

Many of you have already been enjoying our new earlier opening times which we are trialling over the summer. So if you want the early bird times to stay set those alarms and make it in early! A little fact to encourage you, people who exercise early in the morning are 3 times as likely to stick to exercise long term!!

**MON, WED & FRI**  
7.15am – 1.30pm  
(last workout 1pm)

3.30pm-7.00pm  
(last workout 6:30pm)

**TUES & THURS**  
8.15am – 1.30pm  
(last workout 1pm)

3.30pm-7.00pm  
(last workout 6:30pm)

**SATURDAY**  
9.00 – 12 noon  
(last workout 11.30am)

**moreactive 4 life**

We have a great offer on from now until the 31<sup>st</sup> August. Join for 6 weeks for £39, no joining fee!! Pick yourselves some leaflets up from the desk and write your name on the back. Hand them out to friends, neighbours and colleagues. If someone joins and your name is on the back of the flyer you will get a small prize. The member who does the most wins a good quality bottle of champagne, and the runner up gets a lovely bottle of wine!!