



Curves

Curves Smart



curvesgoulburn.com.au

Newsletter August 2010



Curves launches Australian Curvette of the Year — could it be YOU ?

Announcing "Curvette of the Year 2011"!

We share with you this exciting announcement from Curves International—Curvette of the Year is coming to Australia and New Zealand for the first time. Great fun, great recognition, great prizes....:

Curves is proud to announce the first ever "Curvette of the Year" competition for all Australian and New Zealand members. "Curvette of the Year" is all about helping you to celebrate and reward your success and hard work. We want you to tell us how coming to Curves has helped you transform your life, to become stronger and healthier than ever.

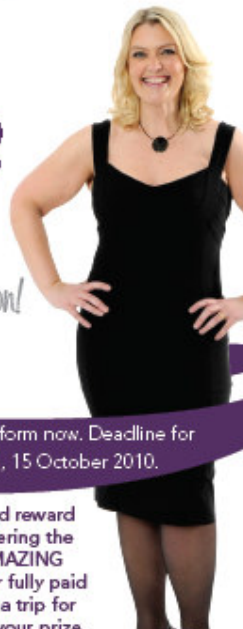
We're offering the chance to win some amazing prizes including five years' fully paid Curves membership and a trip to Sydney for two to collect your prize. To enter, all you need to do is grab an entry form from your Club or go online to www.mycurves.com from August 2nd. Send it by 5pm Friday 15 October 2010, along with a "before" and "after" photo and you could be our inaugural "Curvette of the Year" 2011.

Hear from a previous "Curvette of the Year" finalist

The "Curvette of the Year" competition has been successfully run in the United Kingdom and Ireland for some time. Read the story of UK "Curvette of the Year" finalist Jacqui Bastable and be inspired.

Are you the next Curvette of the Year?

2011 Curvette of the Year Competition!



Ask for an application form now. Deadline for application is 5pm, 15 October 2010.

We want to celebrate and reward your success. We are offering the chance to win some AMAZING prizes including a five year fully paid Curves membership and a trip for two to Sydney to pick up your prize.



While shopping for a new outfit for a friend's wedding, Jacqui found that she was no longer a size 18 to 20. Realising that the time had come to tackle her unhealthy weight, Jacqui set herself a goal of "getting into a little black number" by Christmas. She liked that Curves is an all women club and in March 2006, joined her local Club with her best friend Heather for support. Since then, Jacqui has shed 5 stone (31.75kg) and dropped three dress sizes. And she owns more than one "little black number" now. "My personal fitness has increased beyond recognition".

What's your personal health and/or weight loss story? Will you be Australia's first Curvette of the Year? Look for details and entry forms in the Club.

* Birthday Stars *

Congratulations to our August Birthday Stars Ann Aspland & Ruth Lewis who completed 16 workouts during July.



Best wishes for a **Happy Birthday** to all our August Birthday members.

Walk for Socks



Walking is great exercise. Help us share the love through our fabulous current promotion—6 weeks at Curves for \$74—by distributing flyers while you are out for a walk. You can pick up a pack of flyers-and-socks.

Letterbox drop the flyers and keep the socks with our thanks. Help yourself stay healthy and help grow your local Curves community at the same time.

Staff News

Welcome to our new team member, Anthea. Anthea holds a fitness qualification and is currently working through extensive Curves training. Thank you for your support while Anthea has her Curves "P Plates" on!

And thanks for your understanding about our one-off hours change so that we could attend Curves training.

Relay for Life

We are registering our team this week for the fabulous Goulburn Relay which takes place at the Police College on 23rd October. Sign up for the fun—we all had a great time last year.

Stress Down Day



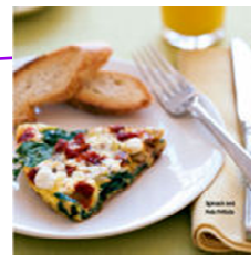
We were too stressed to be on time for 23/07!! But it's important so we are holding a late Stress Down Day in the club on Friday 13th August. Wear your pyjamas to work out, make a small donation to Lifeline and win fabulous prizes! Info in the club.

Technique Check ✓✓

Our new Technique Check Card is being used to track progress with new Members to ensure technique is solid before moving on to CurvesSmart. The Technique Card will be available soon for all members.

Recipe Corner

Spinach & Feta Frittata



Number of Servings: 6

Preparation Time: 10 minutes **Cooking Time:** 30 minutes

Nutrition Info: Calories: 170; Fat: 12.0g; Saturated Fat: 3.5g; Protein: 10g; Carbohydrates: 6g; Fibre: 2g; Cholesterol: 220mg; Sodium: 370mg

Ingredients

- 300g baby spinach or 1 280g box frozen chopped spinach
- 1 Tablespoon + 2 teaspoons olive oil, divided
- 1/2 large yellow onion, chopped (about 1 cup total)
- 6 large eggs
- 1/2 cup drained oil-packed sun-dried tomatoes, chopped
OR 1/2 cup chopped cooked ham
- 1/2 cup crumbled feta, Havarti, Swiss or other cheese
- 1 teaspoon dried Italian seasoning (or mix oregano and basil)
- 1/4 teaspoon salt 1/8 teaspoon black pepper

Directions

1. Pre-heat grill. Microwave fresh spinach in a loosely covered bowl on high for about 3 minutes or until slightly wilted. Dry spinach thoroughly with paper towels and chop coarsely. (For frozen spinach, follow directions on packet then drain well).
2. Meanwhile, coat bottom and sides of heavy 12" ovenproof skillet with cooking spray. Heat 1 Tablespoon oil in the skillet on med-high and add onion. Cook for 4-6 minutes or until lightly browned.
3. In large bowl, beat eggs thoroughly. Stir in tomatoes (or ham), spinach, cheese, Italian seasoning, salt and pepper.
4. Add remaining 2 teaspoons oil to skillet with onion and tilt pan to distribute oil evenly. Pour egg mixture into skillet, evenly distributing vegetables with the back of a wooden spoon. Cook over med heat without stirring for about 7 minutes or until only the surface is loose.
5. Place skillet under hot grill and cook for 2 minutes or until surface is lightly browned.

To serve, loosen edges of frittata with a knife, flip it onto a cutting board and slice.

Recipe from mycurves.com

Motivational Minute

You've been going to the club like you should, but you are still struggling with food. Take a seat.

Exercising regularly is a great first step. If you are still struggling to eat better one quick tip is to simply make a rule that you will sit down whenever you eat. A study recently found that people eat up to 30% more when they are standing up. Another quick fix is to replace one snack each day with a single ingredient food: hard boiled egg, a piece of fruit, carrot sticks. It's quick, healthy, and lower in calories than processed snacks. Making even small changes to your eating pattern can result in positive, progressive results.



Need an extra *lift* from the comfort of your home?... Log on to www.MyCurves.com any time for more great tips—check out the current "Motivational Minute" to see how you can save time in your busy week. Don't have a MyCurves.com login?? Collect the login code from the desk and access a range of resources exclusively for Curves members including an online journal, recipes, health information, stories of success from members of the Curves community around the World.