

Curves

curvesgoulburn.com.au

Curves Smart



Newsletter July 2010



Successful Food Drive



Thank you to everyone who contributed food for the 2010 Goulburn Curves Food Drive. We reached our target, gathering a fantastic 1,100 kgs of food to be shared by the Salvation Army, Anglicare Emergency Accommodation and St Anthony's women's refuge.



Didn't our "food corral" look fabulous!! Our wonderful staff had a lot of fun building it and then weighing

each bag of groceries as it was added into the corral and the arrow moved towards our goal.

Special thanks to Goulburn Mulwaree Council who ran a competition between departments and raised 118 kgs which was significant in us reaching our 1,000kgs target.

NSW Weight Loss Challenge Winner from Goulburn



Congratulations to all members who completed the Weight Loss Challenge. You lost a total of 43.5 kgs !

AND congratulations to Wendy (pictured above on the squat machine) on being the NSW winner from over 1800 participants! Wendy lost 11.2% of her body weight in the Challenge month of May!

And congratulations to our Club Runner Up Kelsey Betts (pictured at left) who has had fabulous results at Curves and lost a further 5.64% of her body weight.



You can read more about Wendy and Kelsey in the press release on the News page at www.curvesgoulburn.com.au. A lot of fun and learning was had with the weekly tasks which focused on nutrition and exercise. If you missed any of them and would like to take the quizzes, learn about food labels or complete the exercise diary, just let us know and we will be happy to provide a copy for you.

stronger together™ powered by Curves

Curves Founders visit Goulburn

US-based Founders of Curves, Gary and Diane Heavin visited Goulburn on the holiday Monday but we were closed. Diane sent us this photo of her at our door!



We hope to see them next time!

Curves staff training

Curves staff undergo continuing education aimed at providing you the best service possible. The next Curves training for coaches and owners will be held on Friday 23rd to Sunday 25th July in Newcastle. So that as many staff can attend the training some change to opening hours on those days will be necessary. Details in the club.



Technique Certification

During July we are introducing the Member Technique Check Card... New Members are being "certified" by our coaches as having great technique before moving on to CurvesSmart.

The Technique Card will be available soon for all members.

Certification is free and as you complete your Technique Check Card you will go into the draw to win a Curves Elite Member Tshirt.

Ab Back	Boop Integ	Chest Back	Dip Strong	Obliq
Squat	Circuit Technique Check Card			Rip Ab Ab
Shopper	Curves	Curves Goulburn	per 1000000	Lat Lift
Shoulder Press Lat Pull	Pec. Dec.	Oblique	Leg Press	Leg Ext
			Leg Curl	Leg Curl

★ Birthday Stars ★

Congratulations to our July Birthday Star Sue McVey who completed 24 workouts during June.



Best wishes for a **Happy Birthday** on 20th to Sue and to *all* our July Birthday members.

Rest of Winter Free

What a deal! Who do you know who would like the opportunity to come and check out what Curves can do for them.

In return for sharing Curves with a friend, relative or workmate who joins during this fantastic offer we will place your name into the draw for a free month!

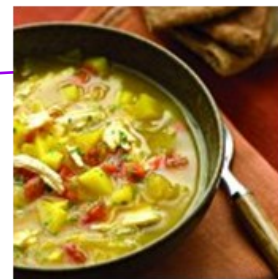
You get a workout buddy and we make sure—together—that our Curves club remains strong and able to support the women of Goulburn into the future.

Curves.com.AU

Curves International have launched Australia's own Curves web site, curves.com.au. Check it out! There are lots of success stories of fellow Aussie women to inspire us.

Recipe Corner

Curried Chicken Chowder



Preparation Time: 30 minutes

Number of Servings: 4

Nutrition Info: Calories: 267; Fat: 5.0g; Saturated Fat: 1.0g; Protein: 34g; Carbohydrates: 21g; Fibre: 3g; Cholesterol: 66mg; Sodium: 174mg

Ingredients

- 1 Tbsp canola oil
- 1 medium Granny Smith apple, peeled, cored and chopped
- 1 small onion, chopped
- 1 small carrot, chopped
- 2 cloves garlic, minced
- 1 Tbsp flour
- 1 Tbsp curry powder
- 1 tsp ground cumin
- 5 cups low-fat, reduced-sodium chicken stock
- 1/2 cup chopped tomato
- 1 large potato, peeled and diced
- 450g precooked rotisserie chicken, skin removed and cut into strips
- Salt and black pepper, to taste
- 1/2 cup chopped coriander (Italian parsley)

Directions

1. In a large saucepan, heat oil over medium heat. Add apple, onion, carrot and garlic and sauté until tender, 5 to 6 minutes.
2. Add flour, curry and cumin and cook 2 minutes, stirring constantly. Stir in stock, tomato and potato and bring to boil.
3. Lower the heat and cook at a gentle simmer 20 minutes.
4. Add chicken strips and heat 2 to 3 minutes. Season with salt and pepper and sprinkle on coriander before serving.

Recipe from mycurves.com

myCurves

Behind the Scenes at Curves

myCurves

Some members were chatting to Karen on the circuit the other day about some of the many things that go on 'behind the scenes' to keep Curves functioning ... It seems some of you were quite interested once you stopped to think about what might be involved. So here are some snippets that might help you understand why we do the things we do....

- ♥ Curves is a franchise—the largest fitness franchise in Australia, and in the World! This is why you can workout almost anywhere with a Curves travel pass at no extra cost.
- ♥ Being a franchise means we have to follow the Curves proven systems. At Goulburn we have been honoured as a "Shining Star" franchise because we run a quality club.
- ♥ We are required to reach certain benchmarks each month and this includes completing a certain number of Weigh & Measures — that's one reason we remind you so often about your monthly update with us. And why we appreciate that those of you who "don't want to know" allow us to "get your stats" anyway.
- ♥ We keep the Curves promise of helping you maintain motivation and this is why we call, SMS or email you when we haven't seen you for a bit.
- ♥ We must offer only Curves approved pricing, promotions and policies such as travel pass, transfer & hold.

- ♥ The circuit, of course, must be only equipment designed, researched and tested by Curves and the activities on recovery boards must be within the guidelines provided.
- ♥ Curves around the world has grown by women telling other women how Curves works for them. That's why we ask you who you know that we could invite in to have a free fitness assessment and see if Curves is for them. Curves calls it a "buddy referral". It keeps our Club strong—it means we can grow our membership. Curves has low attrition compared with other gyms but women have to leave for all sorts of reasons... so we always need new members so Goulburn's local Curves can thrive and continue to be there for you.
- ♥ Curves have very strict training requirements. We are about to undergo some more training over the next couple of months.

Why would we want to run a gym with all these rules, requirements and quality standards? Why stick to "the Curves way"? Because Curves is the most researched fitness and weight management plan in the world. The research proves the circuit is effective and safe and that we can end yo-yo dieting. Curves has the complete, proven package. We don't have to waste time.

& besides, it's a girl thing.