



Curves®

Curves Smart



curvesgoulburn.com.au

Newsletter September 2010



Curves Goulburn welcomes Spring with Survival of the Fittest, not for Sissies!

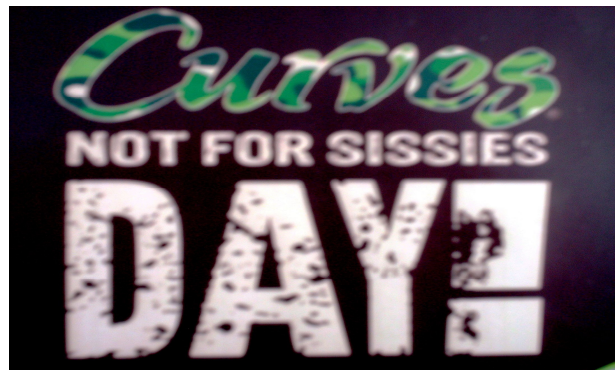


Curves "Not for Sissies" is a celebration for the millions of women who are reaching weight-loss goals, getting healthy and finding strength by working out three times a week at Curves. This is a great time to honour Curves members who have in total lost millions of kilograms and regained their health, strength and confidence through the support and care found at their local Curves, enabling them to do something "Not for Sissies".

A great way to help you stay on track with your 3 workouts each week and shape up now that Spring is here ... Register for Survival of the Fittest and you're on the island. All you have to do to stay on the island is work out three times a week and complete one compulsory task during the month.

A fabulous prize is being offered to the lucky winner in NSW—an accommodation package complete with golf and swimming with the dolphins at Port Stephens.

A special "Recovery" prize will be awarded to one lucky Goulburn survivor and there are lots of fun prizes for all of Goulburn's Survivors so stay strong!



To celebrate Curves "Not for Sissies" Day, Curves Goulburn members are gathering at Divalls (Carrick) wearing their own "Not for Sissies" T-shirts (available at the Club for only \$15) from 11am on Saturday September 18th where we will be washing trucks!! Proceeds will be donated to our Breast Cancer appeal. If you can't make it on Saturday we'd love you to provide a photo, wearing your "Not for Sissies" T-shirt and doing something to show how strong you are. Photos may be sent to Diane magazine and/or posted on Curves Australia Facebook where members will be invited to vote to determine the best "Not for Sissies" photo.

★ Birthday Stars ★

Congratulations to our September Birthday Star Elaine Hunt who completed 21 fabulous workouts during August. Best wishes for a **Happy, Happy Birthday** to Elaine and to *all* our September Birthday members.



Got your *Diane* magazine?

Catch up with us for your monthly update (a.k.a. weigh & measure) and pick up your complimentary copy of the latest *diane* magazine—the free Curves Members' magazine... the latest issue is due to land any day, full of information, motivation and entertainment.

Staff News

Welcome to our new team member, Julie Furner. Many members know Julie and she is very excited to be joining the team. Thank you for your support while Julie completes her extensive Curves "training."

Relay for Life

It's not too late to join the team — at http://relay.cancercouncil.com.au/2010/goulburn_2010 you can register — or sponsor the team. The Curves Goulburn team is currently at the top of the fundraising board with \$365 with 7 weeks to go.

Curvette applications

Don't forget—work on that application and submit any time before 15th October. More information in the club. Our coaches will be very happy to help you with your applications.

MyCurves.com

A "Simplify Your Life" tip from MyCurves.com: Power traveller: How many times have you been in a hotel room and had to climb under beds, squeeze behind dressers, or move furniture in an attempt to find an electrical outlet for your laptop or phone charger? Now I take an extension cord in my bag that I can plug in and access from around the room.

If you haven't already visited the members-only MyCurves.com website pick up a logon code at the desk... health tips, information, journals and more.

Recipe Corner

Grilled Chicken on a bed of greens



Number of Servings: 4

Preparation Time: 13 minutes

Nutrition Info: Calories: 260; Fat: 12.0g; Saturated Fat: 1.0g; Protein: 34g; Carbohydrates: 4g; Fiber: 2g; Cholesterol: 82Mg; Sodium: 411Mg

Ingredients

4 skinless, boneless chicken breasts, totalling 750g
Salt and pepper, to taste
2 Tbsp. olive oil
4 Tbsp. chopped fresh oregano and rosemary
1 bag European salad greens
1/4 cup of your favourite vinaigrette

Directions

Flatten chicken breasts or ask the butcher or deli to do so. Prepare an outdoor grill, or alternatively, prepare oven for broiling. Season chicken breasts with salt and pepper. In medium bowl, combine oil and fresh herbs. One by one, coat chicken with the seasoned oil. Keep chicken in bowl; set aside. Toss salad greens with vinaigrette. Grill or broil chicken breasts for approximately 3 to 4 minutes per side, or until they're cooked through. Divide greens among four plates. Place a chicken breast on top of greens. Serve immediately.

Recipe from MyCurves.com

Russell and the RSPCA

We had fun last month with Stress Down Day when members worked out in pyjamas and raised some money for Lifeline.

And then there was Cupcake Day when members brought cupcakes and we raised money for the RSPCA. Capturing the hearts of everyone who came in the door was Russell the Dulux Dog -Russell followed some of the staff back from the Dulux shop across the road !! He stayed for a few days!

Thank you to everyone who had a lot of fun and made a difference through their generosity.



Curves Coach Jackie with Russell.