

Please pass on newsletter to friends & family who may be interested in Curves.

Curves

www.curvesgosport.co.uk

GOSPORT MAY NEWSLETTER

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Are you recovering?

Ladies, remember the cardio aspect of the Curves workout is sustaining a target heart rate for twenty minutes, after your warm-up .



The intensity should be on the machines. The thirty second intervals were chosen because they are the optimal time for a strength training set.. Your muscles can "sprint" for 30 seconds before they begin to exhaust.

After an upper body strength machine you will move to a recovery station for 30 seconds, then to a machine that works the lower body. Use the recovery stations for what they were designed for. Work extra hard on the machines and see a huge difference in your results next time you are measured.

Love from Your Curvettes!

Mexico
comes to
Curves

Do come and discover the art and craft of the Nahuā and Huichol native Indians

on
Monday 19th May
to
Wednesday 21st May

Memorabilia Design Mexicana
will present
a collection of Mexican hand crafted goods
from Jalisco and Guerrero

TOP 5 STARS April 2008

- ★ 1 Aline Newton
10.8 pounds 11"
- ★ 2 Charlene Newton
3.4 pounds 12.5"
- ★ 3 Sue Lumb
8.4 pounds 5.25"
- ★ 4 Jenny Billings
6.4 pounds 5.5"
- ★ 5 Lucy Byles
4 pounds 7.25"

Slimmer's Psalm

*Strict is my diet, I must not want
It maketh me to lie down at night hungry.
It leadeth me to pass the refrigerator, it tireth my willpower.
It leadeth me in the paths of starvation for my figure's sake.
Yea though I walk through the aisles of pastas,
I will buy no chocolate éclairs, for they are fattening.
The cakes and pies, they tempt me.
Before me is a table set with green beans and lettuce;
It filleth my stomach with liquids,
My day's quota runneth over.
Surely, calories and weight charts will follow me all the days of my life
and I will dwell in fear of the scales for eve
Loosely taken from the Psalm 23!*



Did you know you breath on average 24,000 times a day!

On average Mexican women spend 15.3% of their lives in ill health. The world average for women is 12% according to the OECD.

Well done to the following ladies, who have achieved 100 workouts

- Penny Reeves
- Sue Chessman
- Christina Kingswood
- Karen Cook
- Anne Golding
- Julie Bretell
- Deb Pickering
- Sue Hillary
- Sandy Ayress
- Anne Webb



WORK OUT YOUR BRAIN !

FIRST CORRECT ENTRY DRAWN WINS £5 CURVES CASH

1	3			5	6			
4	2	6	3				7	5
	7	9					3	
	8	2	1	6			4	
	9			7	3	5	8	
	1					4	5	
9	6				8	7	2	3
			2	4			1	9

Curves—the Power to Amaze Yourself