

# Curves

## Member Newsletter December 2008

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[www.curvesgoulburn.com.au](http://www.curvesgoulburn.com.au)

### Goulburn



## Nothing to Lose

## and 30 to Give

To help you stay on track during the Christmas season, join the 50 or so members who have already made a **Nothing to Lose Pledge** by signing up in the Curves *Nothing to Lose* program... if you don't gain any weight at Christmas, you'll have nothing to lose!

Sign your pledge and we will post it in the Club to remind you that you are working towards a goal! When you keep your pledge you go into a prize draw.

[www.MyCurves.com](http://www.MyCurves.com) can help you stay on track.... if you feel like you need some encouragement during the Challenge, visit the [Nothing to Lose Challenge Forum](#) on the MyCurves Message Board!



You can also submit your starting and ending weight into the database at [www.MyCurves.com](http://www.MyCurves.com) and celebrate your success at the end of the promotion. See over the page for more information about MyCurves.com. If you haven't set up yet as a user, ask at the desk for your log-in code.

Would you like to give a gift that costs you nothing but has tremendous value to your women friends and family... We appreciate your business and as a way of saying thanks, we would like to give you a free one month Christmas holiday gift membership, valued at \$80 so that you can give it to a friend. Details in the club. If your gifted girlfriend joins Curves, you will get a \$25 Gift Voucher for Curvaceous or Supplements.

## Christmas at Curves

### Curves before Christmas

Thanks for all your fun input to our poem. We have put together all your creative bits and pieces and the finished poem is over the page.... Your work was recited at the Curves National Club Camp (training) last week and will be shared with the Curves Family back at the Curves Corporate office in the U.S. . All the Clubs at the training have asked for a copy! We'll put it up on the web at [curvesgoulburn.com.au](http://curvesgoulburn.com.au).

### Christmas Shopping

Curves is helping with your shopping by going on sale with both the Curvaceous & Curves supplements and shakes ranges.

See the posters in the Club for Christmas gift ideas.

### A little more time over the Christmas break?

We have started a bookswap library bookcase in the Members' Lounge - the *Reviver Room Readers Corner*. Feel free to exchange a book on the shelves or make a donation of any books you have finished and would like to share.

### Win a free month !!

Curves gives the gift you give yourself too.. Together we look after you!

As well as the great companion promotions of Nothing to Lose and 30 to Give, described above, we have a gift for you too — every time you work out 3 times a week through December and January your name will go into a draw for a free month's membership. The more

weeks you workout 3 times, the more chances you have to win!

And if you work out 3 times a week—just once between now and the end of January we will give you a free Diane magazine.

## HAPPY CHRISTMAS TO ALL

We wish you and your family and friends peace, happiness and good health this Christmas.

from Karen & Narelle  
& the Curves Team

Come and share some Curves Christmas Cheer with your workout buddies, and some new friends ....

Tuesday 16th December, 6.30pm



### Birthday Stars

Congratulations to

Jennifer Channell and Karen Cochran, our December Birthday Stars. A tie this month with 22 fabulous workouts during November — enjoy your Special T-Shirts. Best wishes for a Happy Birthday to Jennifer and Karen — and all our December Birthday members.

Curves... Strengthening women

### MyCurves.com

MyCurves.com is a great website... you'll be surprised by how much interesting information is there ..

**Simplify Your Life...** great tips on an amazing range of things to help deal with that long to do list!

**Message Boards...** on a broad range of subjects from weight loss and workouts to International Café where you can network with women around the globe.

**Recipes...** dozens of Curves recipes PLUS a message board of member recipes —"Curves Test Kitchen"

**Member Spotlight...** inspiring stories of members who have changed their lives through Curves

**MyJournal...** keep your own private Journal online

**Motivational Minute ...** for that pick-me-up !

### Curves Great Weight Race

This is a fabulous promotion starting during January ... fantastic prizes (a resort holiday) and lots of fun... watch for details in the Club.

### Dragon Boat Racing

What a fantastic response to the Dragon Boat team... We'll need a big boat, so many of our members have expressed their interest in being part of this unique event.. It's not too late—you can join the team and participate in the National Multicultural Festival Dragon Boat Challenge to be held on Lake Burley Griffin in Canberra on Sunday 15<sup>th</sup> February 2009. Thanks Cherrie Grant, our very own Dragon Boat Racer, for providing the information. All Dragon Boat racers—make sure you don't miss a workout so that you will be as strong as you can be for the big event!

### What do YOU think ?

Don't forget to complete your **Member Survey**—results will be published in January. Your feedback will help us with future planning and service.

## 'Twas the Curves before Christmas

'Twas the time before Christmas, when all through the gym  
Women changed stations so they could be thin  
The coaches were coaching by the stations with care  
In hopes that fit women soon would be there.

The "Nothing to Lose" pledges all hung on the walls  
A commitment to no extra cakes in the malls;  
Together they knew this would not be their fate  
As good choices were made and they watched what they ate.

With their targets and goals the members they came  
And the coaches they coached them and called them by name;  
Not Dancer, not Prancer, not Vixen and Dasher  
But members all following Elissa, Karan and Tash(a)  
And Marea, and Jackie and also Amanda,  
Lots of fun on the circuit in readiness for Santa;  
To the top of that movement, full range there and all  
Now dash away, pump away, work away all !  
When out on the circuit there arose such a clatter  
Karen sprang from her office to see what was the matter;  
The fat it was burning! The muscles did glow!  
Not long before inches and scales they will show.

The ladies jumped up as their bosoms flopped down  
In their efforts to be the most fit one in town;  
When, what to our wondering eyes should appear  
But love for the Squat – such music to the ear!

Dear Curvaceous babes, be so aware this Chrissy!  
Or our Coaches will correct us and throw such a hissy!  
But lo and behold, "Work them harder, work them harder",  
The circuit coaches will help us stay away from that larder.

A bundle of fruit and veg will alone pass our lips  
No chocolate and icecream, which stays on our hips.  
Only visions of sugar plums dance in our heads  
As we work out hard and fall into our beds.

As I told all my friends how I felt well and strong  
They came with other women to join in the throng  
And although wearing a frown, it was just for a while  
For quickly those results bring a lovely huge smile.

And then, in a twinkling, I heard them all say  
That 3 times a week to stay fit is the way;  
The Christmas exhaustion, around and around  
Would not worry Curves girls who came in with a bound;  
To earn extra copies of *Diane* - stocking-fillers to be,  
And buy up Curvaceous for under the tree.

The girls will gather round the Christmas table with flair  
Counting out kilojoules that wouldn't be there;  
The fellows will tuck into the fine food with glee  
Hoping for a share of St Nicholas's tea;  
The Curves Girls will celebrate with a little fine champers  
Knowing all their hard work allows them to pamper.  
The bells and the baubles all hung from the tree  
The members call out, we are free... we are free !

Merry Christmas to all members, we love you, we do  
And Curves' gift is the gift that you give yourself too...  
*The strength to be proud, in all that you do.*

And so through the season, let's not lose our might,

**"Happy Christmas to all, and to all a good-night."**

