

# Curves

## Goulburn Member Newsletter September 2008

Curves Goulburn  
42 Clinton Street  
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Volume 1 Issue 5

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



### Travelling?

Remember that you can work out at Curves anywhere around the World. Just ask for a Travel Card before you go.

Details of the policy are posted in the Club.

And don't forget to take one of our travelling sheep with you!

Travel privileges available only to Direct Debit / 12 month members who have completed at least 3 workouts.

### Congratulations August Biggest Losers

Congratulations to everyone on their wonderful achievements in August.

#### The Titans and the Krazies

**It was a tough tussle but the Titans came out on top!**

Everyone had a lot of fun with this event through June, July and August. Thanks Tash and Karan for leading the two teams. Congratulations to the members who achieved 3 workouts every week and completed weigh and measures.

Special congratulations to our winners:

..Cindy Parrott

..Kylie Wilson

..Chris Goodridge

..Karen Cochran

..Aleesha Heffernan

*Collect your prizes from the desk.*

Want to improve the results from *your* workouts? Talk to your coach about re-freshing your goals and your workout.

### Meet a Member *...if you don't lose weight you will die.*

**One of the fabulous things about Curves is the community of support we share. Here Sandra shares her story to offer encouragement and motivation to all of us.**

Sandra Cato joined Curves in October 2007 after hearing about Curves from a friend and seeing the large sign over 42 Clinton Street.

Sandra joined Curves at a time when her health had become a priority after suffering a stroke. Her doctors had told her she was in serious trouble if she didn't lose some weight. She was then 129kg.

Ten months later Sandra is a different person... the Curves workout and the support of Curves staff and members have helped Sandra trim down by a life-changing 50kgs to 79kgs.

Describing herself today as an adrenalin junkie, Sandra, who once had difficulty climbing stairs, is a very physical person. Now, Sandra enjoys all kinds of physical activity



including gardening, jogging – and every woman's favourite ... shopping for clothes. This wasn't always easy for her and Sandra now feels she is worth the time to spend buying clothes.

When asked what has changed in her life because she is a Curves woman, Sandra quickly replies, "Everything."

Sandra underwent surgery after her stroke but the surgery had not been successful... amazingly, now her doctors are seeing the results from the surgery that they had not seen previously, because her general health has improved so much.

What made the difference? "At Curves I got results. I've tried other gyms.

At Curves there are no mirrors to intimidate you, no men who are 'checking you out'... I have never been anything but encouraged the whole time at Curves."

Sandra says she finds it very easy to fit Curves into her life and is regularly at the gym at 6am for her essential work out.

*Congratulations on your fabulous results Sandra, from all the Curves team.*

## Birthday Star

Congratulations to Katie Angus, our September Birthday Star. A fabulous 18 workouts during August — enjoy your gift Katie. Best wishes for a Happy Birthday to Katie and all our September Birthday members.

## New team member

We welcome Jess White to the team... Jess is known to many members and brings a wealth of knowledge and coaching qualifications to her role as a circuit coach at Curves. Look out for her quiet but quick sense of humour!

## Funky Friday

Get a little bit funky and dress to the theme each Friday. Here are the themes for September.

5th September Wear a bandage (*World First Aid day is 8/09*)

12th September Paralympics

19th September International *Talk Like a Pirate Day*

26th September Goulburn's Lilac Festival

Fiona Flemming is shown below dressed for the "HouseParty" theme (left —complete with house-hat!)... and as the Olympic Flame (right).



Funky Friday themes are on the noticeboard in the Club to remind you each week. Have some fun — weekly prizes.

## Circuit Set Up

While our Curves Mentor, Mel Marlow, was visiting for Open house, she was able to review and improve our circuit layout. Feedback has been very positive.

## Photo Opportunity

During Open House we set up our computer camera. Please bring your smile to the front desk so we can take a photo of you for your member record. Your photo helps all the team get to know *you* among our hundreds of members.

## Support the MS Society

Karen Wilson and Narelle Kennedy (Owners of Curves Goulburn) will be heading off with their horses, Rocket and Sid, to Gobarralong (near Jugiong) on Saturday 20th September to participate in the week-long MS Horseride to raise funds for the Multiple Sclerosis Society. The Ride 'target' is \$150,000.

Did you know that 3 times more women are affected by MS than men. The MS Society supports those affected and is contributing to research for a cure.

Karen and Narelle are looking forward to the "change of pace" on the Ride and want to assure all members that it is *Xtremely* physical, riding 20-30kms/day & sleeping in a tent! Having been so busy with Curves, especially the lead up to Open House, they haven't ridden much to prepare, so they are glad they're fit from their 30 minute workouts! How can we get those horses on the circuit!

You are invited to make a tax deductible donation at the desk or online. Raffle tickets also available at the desk. To donate online go to

<http://register.mshorseride.org.au/index.html?kw=curves>. If you would like the link emailed to you just let us know.



Curves..  
Strengthening  
women

## Curves on line

- ◆ [www.curvesgoulburn.com.au](http://www.curvesgoulburn.com.au) your own Club's website—you can get our newsletters there
- ◆ [www.curves.com](http://www.curves.com)—the main website of Curves International—an interactive technique presentation that demonstrates the muscles, how the different machines work and lots more.
- ◆ [www.mycurves.com](http://www.mycurves.com) - for Curves members only... pick up a logon flyer at the desk... keep a personal on-line journal, pick up tips, motivation, recipes and resources.

## Parking

During our busy Open House we realised that some members don't know about the plentiful parking available in the carpark behind our building.

An information sheet is posted on the noticeboard with directions—if you would like a personal copy, just let us know.

## October—a busy month

Look out in the club and on [curvesgoulburn.com.au](http://curvesgoulburn.com.au) for details of the events planned for October. Too much to mention here but including:

- ◆ Lilac Festival
- ◆ Breast Cancer Awareness
- ◆ Girls Night In
- ◆ Goulburn Relay for Life— Register at the desk to be in the Curves Team

## Open House THANKS

Didn't we have a great time!

Thank you to all the staff for a huge effort—it was massive.

And to our wonderful members thanks too—it was busy but you all seemed to be enjoying the buzz.

Thanks to our walkers who distributed flyers. Thanks to Fiona —our Family Day clown.

We have grown our Curves community and welcome each of our new members to the Curves experience.