

# Curves Newsletter

July-September 2006

Volume 1, Issue 3

*Highest Altitude ... CURVES 9,097 Feet!*

*Frisco, Colo. — Established in 1999*



**Highest Altitude Curves**

**-- 9,097 Feet!**

## DID YOU KNOW?



### HUMMINGBIRDS:

- travel at **25 mph**;
- boast wings that flutter **53 beats per second**;
- dine at least **15 times an hour**;
- can starve in as little as **two hours**; and
- eat **many** good meals (and get great exercise while doing it) at **Frisco's Curves** every summer!

## A Stronger You — This Summer!

*At Frisco's Curves, we're committed to strengthening women physically, spiritually and mentally, one workout at a time. This summer, we've seen amazing results, not only through inches and pounds lost, but also in positive attitudes achieved and cheerful smiles gained.*

*With plenty of rain over the past few months, the lake is full, the mountain flowers look fabulous,*

*and our members have used Curves on many of those cloudy days. The good news: This dedication has resulted in stronger stamina for outdoor exercise on those sunnier, dry days!*

*And while many think the summer months and holidays are just for lounging in the sun, our members and visitors have a healthier mindset. Over 100,000 visitors came to the high country*

*to celebrate the 4<sup>th</sup> of July, and we saw peak attendance during that week at Curves. On Independence Day, Curves once again celebrated our nation — and great exercise — by participating in the Frisco 4<sup>th</sup> of July Parade. A special thanks to **Kathy & Justice Reed, Wendy Carroll and Gail Schaefer**, who rode the Curves float in patriotic style!!!*

## Summer Highlights from Frisco's Curves

**July:** Back in June, 10 teams of three Curves members each signed up for the **30-Day Team Weight Loss Challenge**. Each member focused on boosting their attendance and dropping pounds to earn team points. They received one point per pound and one point per workout. On July 1<sup>st</sup>, we revealed the winning team: Corrinne Anderson, Candy Simms, and Joyce Same. Congratulations, ladies! Way to go!!!

**August:** Team Curves rallied to support the noble cause of raising money for the fight against cancer through the Relay for Life, **August 12-13**.

The Relay For Life is a community-based event designed to celebrate survivorship and raise money for the American Cancer Society. On the

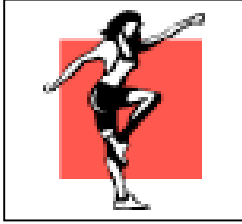
day of the event, teams gathered at Summit High School and took turns walking laps for a 12-hour period.

The Relay For Life is also a fund-raising event. Each team member is asked to raise a minimum of \$100 from donors before the event. With 10 members walking, and through their pledge, money raised and donations from Curves members, we raised a total of \$1,009, and have requested the match from the Gary & Diane Heavon Community Fund for a total of \$2,009.

A warm thanks for the energy and efforts of local Curves members, who walked the track to fight cancer: Team captain **Claudia Kreamelmeyer, Barbara Van Deventer, Crystal Matthews, Sue Rutledge, Jody Wilson,**

**Pooh Bishop, Tina Oberheid, Georgia Denny, Barbara Lalor and Judy Anderson.**

**August 26** is yet another opportunity to promote quality of life through **Health Quest**, put on by Women of the Summit. Previously held at Copper Mountain, Health Quest has teamed up with the Town of Frisco to hold the annual walk/run on the peninsula, starting at the Nordic Center. Enjoy the many health booths offering free information and screenings just for ladies! Frisco's Curves will be hosting a booth, talking to women about strength-training benefits and taking body fat analysis. The day ends with a healthy lunch. Proceeds raised through walk/race registration benefit local non-profits. Stop by our booth and say hi!



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**We're on the Web!**

*See us at:*

**www.curves.com**

### **DON'T FORGET!**

Strength training increases metabolism while gaining bone density and muscle tone. Ask us about our six-week weight loss program to loose those extra pounds! Then...

**COME OFTEN,  
WORK HARD, AND  
WHOOSH!!!**  
(You'll see the results!)

## **Go NUTS!!! It's an Ingredient for Health**

Almonds are a great source of protein and fiber. They have the most fiber and heart-healthy arginine than other nuts. Almonds are tied with pistachios for the highest protein by weight.

Almonds are also rich in calcium. The calcium helps maintain strong bones and teeth. Some studies show it's effective in preventing colon and prostate cancers. Almonds are also high in

magnesium and antioxidants, selenium and vitamin E. The antioxidants in almonds help battle cell destruction in the body, which helps to protect the body from developing cancer. Almonds have a greater cholesterol lowering effect than peanuts because 70 percent of the fat in almonds is the artery-cleaning monounsaturated

variety.

Raw almonds have far more nutritional value than roasted. Even blanched almonds have been robbed of much of their nutritional value. For a healthy snack, reach for the almonds with the brown skin still attached. These can be purchased at your grocery or local health food store.

-- Ian Davis, Birch Run, Mich.

### **Rules to Live by ... A Dog's Wisdom**

• Rules are made to be broken.

• Look cute when you misbehave.

• Obedience is important. Train the people you love.

• Never ask permission. Just do it.

• Take advantage of

those big baby, brown eyes of yours when necessary.

• When all else fails, look pathetic.

• If you stare at something long enough, eventually you will get what you want.

• Cleanliness is highly overrated.

• If it's not wet and sloppy, it's not a real kiss.

• Remember to always show them where to pet you.

• Be ready for a tummy rub at a moment's notice.

• Leave room in your schedule for a good nap.

• Get attention any way you can.

### **Dates and Events You Need to Know ...**

**Happy Birthday** to members celebrating in July, August and September! Good luck in the birthday drawing each month. (If we don't have your name listed on our b-day board, be sure to let us know.)

Gear up for our annual **Curves Member Drive**, running now through

September 20. Call first and let us know you're bringing friend to work out, and when you do, we'll put your name in a drawing for a free vacation getaway for two for two nights, three days. If your friend joins, we'll throw her name as well as your name in the "hat" again, and you'll double your odds at winning a FREE trip.

Ask about the **Advanced Workout** for healthy members – coming soon!

Visiting another Curves? Don't forget to get a business card and enter it in our monthly drawing.



**“Remember, a SMILE is worth nothing until you give it away!”**