

Curves of Broomfield Donates to Local Organization

FISH benefits from donation

Curves of Broomfield listened when FISH announced their shelves were empty. They immediately started a food drive in their local Curves to benefit FISH.

The fundraising efforts are taking place for the month of November. Drop off your FISH donations at either Broomfield Curves, 6590 W. 120th Ave B3 or 3800 W. 144th Ave #700. In addition to the food drive both Curves are offering to wave the service fee when a \$30 donation to FISH is made, limited time offer, see club for details.

"While we work to improve the lives of the women in the Broomfield area through Curves, we also feel it is important to reach out to others in our community," said Barbara Hotka, owner of Curves of Broomfield. "It's apparent to us that FISH cares about the lives and the health of the people in our community. We are proud to be able to partner with them to help the Broomfield area."

According to Gulley, one of Curves of Broomfield's goals is to foster community involvement through charitable efforts.

"Curves has always been dedicated to improving someone's life -- through weight loss or a charitable initiative. It's exciting to be able to give both to the Broomfield community," said Gulley.

Curves' exercise program consists of thirty minutes of exercise three times a week, during which participants work all major muscle groups and receive a great cardio workout. It includes all five components of a complete exercise program: warm-up, strength training, cardio, cool down, and stretching.

In addition to a proven workout plan, Curves of Broomfield offers various programs to help motivate and assist women in obtaining a healthy lifestyle, including: CurvesSmart™ personal coaching system, a new technology pioneered by Curves that offers a precision designed workout, moment to moment feedback and progress reports to keep members motivated while they work out; and www.CurvesComplete.com, an online weight-loss subscription service that provides subscribers with diet and fitness information, tools, experts and motivation to achieve their weight-loss goals.

For more information on Curves' donation efforts, or to become a member contact Barbara or Jen at 303-404-3459 or 720-274-0992.

About Curves

Curves works every major muscle group with strength training, cardio and stretching in every 30 minute workout. And now there's CurvesComplete.com: an online diet and fitness solution based on founder Gary Heavin's New York Times bestselling book Curves, Permanent Results Without Permanent Dieting and the results of an ongoing university study. Heavin and his wife Diane are considered the innovators of the express fitness phenomenon that has made exercise available to more than four million women worldwide. With more than 10,000 locations in dozens of countries, Curves is the world's largest fitness franchise. For more information, please visit: www.curves.com or www.curvescomplete.com.