

Curves in Broomfield Holds Holiday Open House ***Local residents can get health advice, nutritional information***

If you've been curious about Curves in Broomfield or just want to know what they have to offer, then stop in on November 20, 2009. Curves will have an open house so you can take a peek.

Curves in Broomfield, located at 6590 W. 120th Ave B3 is owned by Barbara Hotka. According to Hotka, the holiday open house will be held from 6am - 7pm and will feature healthy snacks.

We will have representatives from Silpada, Stampin' Up, Creatvie Memories, Tastefully Simple, Tupperware, American Girl Dolls, Parylite and more! We are also having a food drive for FISH, so people may bring donations in to be delivered to FISH. Our special this month is \$0 service fee with a \$30 donation to FISH. See store for details.

"This is a chance for someone to come in and see the equipment we have, and learn more about our program," said Hotka.

Curves provides an exercise and weight control program designed specifically for women. Whether you're interested in getting more exercise for health and general condition, or want to lose weight or tone your muscles, Curves can help you establish a regimen to help you meet your goal, Hotka said.

Curves' exercise program consists of 30 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 custom 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, contact Barbara Hotka at 303-404-3459.

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.