Volume 4 | Nov 2024

Curves® NEWSLETTER

HAPPY 13TH ANNIVERSARY, CURVES MALAYSIA!

What a milestone! We were thrilled to celebrate 13 amazing years of strength, empowerment, and community at Curves Malaysia! To mark this special occasion, we invited all our incredible members to join our 13-Day Challenge!

Throughout August, we encouraged Curvettes to complete 13 days of curated moves which were new opportunities to boost strength and confidence. As a thank you for their dedication, completing the challenge earned Curvettes one free attendance at their respective clubs! It was our way of celebrating YOU – because you are the heart of our community.

We also welcomed new sign-ups with special gifts from Eau Thermale Avène and Klorane, adding an extra layer of joy to our celebration! Be sure to follow them on social media to stay updated on their latest offerings:

- Eau Thermale Avène Malaysia Facebook (facebook.com/AveneMY/) and Instagram (@eauthermaleavenemy)
- Klorane Malaysia Facebook (facebook.com/KloraneMY/) and Instagram (@kloranemy)

We made this anniversary unforgettable together! Curvettes grabbed their workout gear, rallied their friends, and cheered on by their Coaches - got ready to crush their goals. Here's to 13 years of inspiring women to be their best selves – cheers to many more!

STRENGTH TRAINING FESTIVAL RECAP!

What an incredible July it was at our annual Strength Training Festival! The energy was electric as members embraced the weekly challenges designed to build muscle strength and community spirit. From planks to push-ups, every challenge was a step toward not only getting stronger but also having a ton of fun!

As Curvettes completed each challenge, they earned raffle entries for exciting prizes. What's a festival without a little friendly competition? Our clubs were buzzing with camaraderie and encouragement!

But that wasn't all! Curvettes were also invited to track their small changes by using emoji stickers on a special chart. Each sticker represented a triumph – whether it was feeling more energetic, sleeping better, or simply feeling more beautiful. The chart quickly filled up with a delightful array of emojis, showcasing everyone's hard work and progress!

As the festival culminated, we held a spectacular Member Appreciation Raffle at all clubs. The excitement was palpable as names were drawn and winners announced! Congratulations to our lucky raffle winners who snagged amazing prizes, including a free one-month membership, and exclusive Curves merchandise! Your dedication paid off!

BODY FAT % LOSS CHALLENGE WITH KIREI KIREI!

We celebrated strength and health with our Body Fat Percentage Loss Challenge at all Curves Club in collaboration with Kirei Kirei Malaysia – the number one hand soap brand in Japan!

As members embraced the challenge, the competition heated up! Curvettes motivated each other to shed body fat percentage while Coaches shared tips and cheered each other on.

At the end of the challenge, we celebrated our top 6 Curvettes who lost the most body fat percentage within a month. These winners were gifted Kirei Kirei's Anti-Bacterial Foaming Hand Soap which comes in three delightful scents – Refreshing Grape, Moisturising Peach, and Nourishing Berries – a perfect reward for their hard work and dedication!

Kirei Kirei's Anti-Bacterial Foaming Hand Soap can be found at your nearest stores. Show some love by visiting Kirei Kirei Malaysia on Facebook (facebook.com/kireikireimalaysia/) and Instagram (@kireikireimalaysia)!

CURVENGER

Meet Coach Alissa, a passionate member of the Curves Malaysia family since June 2019! As a dedicated coach, Alissa exercises at least three times a week at Curves and has successfully lost 10 kg of body fat mass along her fitness journey.

On weekends, Alissa enjoys the perfect balance of adventure and indulgence. Whether it's going out for a delicious meal or engaging in outdoor activities like running, jogging, hiking, or camping with family and friends, she loves to stay active and make the most of her time. Often, you'll find her doing both – sweating it our and savouring good food!

What truly brings Alissa joy is witnessing her Curvettes complete their 30-minute workouts with smiles on their faces. She thrives on coaching them through the circuit and sharing her knowledge to help them achieve their fitness goals. Alissa emphasises the importance of making exercise a routine, reminding her clients that a strong body and mind begin with a positive mindset and clear goals. Seeing her Curvettes achieve great results fills her with happiness!

Recently married, Alissa is dedicated to leading a healthy lifestyle and always strives to make mindful choices when cooking or dining out with her family.

MUSCLE CHALLENGE X COUNTERPAIN RECAP!

What an exhilarating time it was at all Curves club with our recent Muscle Challenge in collaboration with Counterpain Malaysia! This special event focused on building muscle strength while having loads of fun, and our Curvettes truly stepped up to the plate!

Throughout the challenge, participants pushed themselves to increase their muscle mass and encouraged one another to reach their goals. The atmosphere in the clubs was buzzing, with ladies cheering each other on and celebrating their progress every step of the way!

But wait, there was more! The top 2 ladies who achieved the highest muscle mass increase during the challenge were in for a fantastic treat. They each won a fabulous set of Counterpain products, which included the renowned Counterpain Analgesic Balm, the refreshing Counterpain Cool Gel, the soothing Counterpain Patch & Patch Hot, Kinesiology Tape and water bottle. These products are perfect for keeping those muscles feeling great after a tough workout!

As the challenge wrapped up, we celebrated the incredible achievements of our winners. They not only gained muscle but also inspired everyone around them to embrace their strength.

We also want to extend our gratitude to Counterpain Malaysia for their fantastic support throughout this challenge. Be sure to visit their Facebook (facebook.com/counterpainmalaysia/) and Instagram (@counterpainmalaysia) pages to show your appreciation and check out their amazing products!

Q4 2024 REWARD

Gear up for an exciting reward this quarter! Complete 46 workouts and attend 3 weigh-in sessions from October to December 2024, and you'll earn a Curves Limited Edition Shoes Bag that celebrates your hard work and commitment. It's your chance to achieve your fitness goals and be recognised for your dedication. Don't miss out on this opportunity to shine and be rewarded!

SUBMISSIONS!

HERE, WE SHARE SUBMISSIONS FROM OUR CURVETTES AND CURVENGERS!

Siti Yuzalmy Yusof
Curves Kota Damansara
Larian Sawah Padi Tanjong Karang

When it comes to fun runs, I'm all in! After all, it's called a fun run, so you know it's all about keeping things light and easy. I joined the Larian Sawah Padi Tanjong Karang on 1st September 2024. It was just a 7km run, but I decided to embrace the event's theme fully. I rocked up in the traditional baju kurung Kedah, complete with a batik sarong and a batik selendang. How's that for festive flair?

I finished the run in a leisurely 2 hours and 19 minutes. Why so long, you ask? Well, it turns out the run was more like a culinary adventure! Each checkpoint was a treasure trove of tasty treats – think fried tempeh, curry puffs, kuih koci, and crispy fried chicken. Naturally, we took our time to sample these treats and have a good chat with fellow runners.

At one of the checkpoints, I bumped into the Curvette crew from Wangsa Maju and Bangi Sentral – impossible to miss in their bright Curves Fitness Party t-shirts! We even got to groove to a live band at another checkpoint – yes, we totally busted some moves!

To cap off the incredible adventure, we reached a checkpoint serving fresh coconut water straight from the village. It was the perfect, refreshing finale to an unforgettable run!

Nurhidayu Abdul Rahman
Curves Kota Damansara
I Made It Happen!

On 21 July 2024, I did something a little crazy – I joined a 21km run (Score Marathon). It was my first time participating in a half marathon! Previously, I only had the confidence to tackle 5km and 10km distances. I'm still not sure where all that confidence came from to jump into a half marathon, but as the event approached, doubts started creeping in. I even thought about pulling out because I wasn't sure I could do it.

But thanks to my amazing coaches – Coach Muhaini, Coach Adibah, and Coach Komathy – and my fantastic crew, the "Sik Fan" gang, who rallied around me with encouragement, I decided to go for it! On race day, I pushed aside thoughts about my pace; my only mission was to prove myself that I could finish before the cutoff time.

And guess what? I did it! I completed the run in 2 hours and 55 minutes! I was exhausted, but my emotions were all over the place – tears of joy were definitely on the horizon as I crossed that finish line. Alhamdulillah, I didn't face any injuries during the run!

Now, I'm ready to take on the next challenge: a full marathon! So, ladies, don't give up or doubt yourselves. Don't get too caught up in your pace; focus on what you can do. Let's keep pushing our limits together!

SHARE YOUR STORIES WITH US AT SUBMISSIONS@CURVES.COM.MY

Curves
ALL WOMEN FITNESS STUDIO

SUBMISSIONS!

HERE, WE SHARE SUBMISSIONS FROM OUR CURVETTES AND CURVENGERS!

Coach Muhaini Ishak, Coach Aisyah Che Ayub & Norhaniza Ishak
Curves Kota Damansara & Curves Bandar Utama
We came, we saw and we conquered!

In a world where women rise to new challenges, our story – Kak Nieza, Coach Muhaini, and Coach Aisyah - embodies the strength, resilience, and sisterhood that connects us all. Our journey to Gunung Ledang was more than a hike; it was a testament to the empowerment we achieve when we pursue our goals.

Kak Nieza, a passionate hiker, had a dream of conquering Gunung Ledang, famous for its endless steps and steep terrain. When she discovered that Muhaini shared this enthusiasm, excitement sparked between them. They eagerly decided to invite Coach Aisyah, our dedicated fitness buddy, who was ready to take on the challenge alongside us!

With Merdeka Day approaching, we set our sights on waving the Malaysian flag at the peak. We trained hard for two months, tackling stair workouts to prepare for the demanding Sagil route, a popular day-hike option. But don't be fooled by the label. This trail featured seven gruelling checkpoints, each with its own set of challenges.

On the day of the hike, which happened to be Merdeka Day, we arrived at Taman Negara Johor bright and early, ready for adventure. At 8 a.m., our journey began, and we quickly faced the grueling 736 steps. The real test came between Checkpoint 5 and Checkpoint 6, as we confronted the Batu Hampar section which required full-body strength to pull ourselves up, and it was the ultimate test of both our physical fitness and mental fortitude.

Reaching the peak at 1,276 metres was surreal. With strong winds around us, we proudly waved the Jalur Gemilang, celebrating not only our country's independence but our own as women pushing past our limits.

After a restful break in a serene spot with fresh mountain water and facilities, we made our way down, determined to finish before the 6 p.m. cut-off. By 5:30 p.m., we'd successfully returned, one of the fastest groups of the day.

To top it off, we were awarded certificates from Taman Negara, a tangible reminder of our accomplishment.

This journey wasn't just about climbing a mountain—it was about embracing challenges, fostering sisterhood, and celebrating the strength that lies within every woman. Gunung Ledang represented life's uphill battles—through preparation, resilience, and support, we can reach remarkable heights.

So, to every woman reading this—take on your own Gunung Ledang, whether personal, professional, or physical. You have the power to conquer it, and don't forget to bring others along for the journey. Together, we can rise!

ACHIEVEMENT OF CURVETTES

Congratulations to our extraordinary Curvettes for smashing your milestone workouts from July to September! Your steadfast resolve, commitment, and perseverance have demonstrated that achieving your goals is not only attainable but truly inspiring.

Kota Damansara

100th Sharinawati & Zalilah

300th Ivy, NorAzlina, Bethany, Norshahida, Juliza

Bandar Utama

100th Cecilia Ramadas, Christine Teh, Farida Tahir, Hanani, Julina Patsy, Karishma, Nadiah Roslan, Nadiya, Ng Pei Wen, Nicole Lim, Azlina, Rupali Sadhale, Akma Farizun, Teh Siok Ing, Umratil Munira

300th Jane Ng, Oh Paik Wan, Melanie Yeap, Alymah, Wong Lai Sin, Wong Ai Wee

500th Shahira Shahruddin, Noran Fauziah, Zuraida Mohammad

700th Sim Kay Loh, Ng Lay Yong

1,000th Jenny Won

Wangsa Maju

100th Roshaan, Haslina Jumadi, Nazahatul Akma, Farah Salwana, Atikah Azmi, Norkamaliah Razak, Roslina Lazid, Darin Rosnani, Normaisurah, Nik Hayati, Ani Liza, Haslina Jumadi, Azarith Sofea

500th Sri Wahyuni

700th Nelly

Sharinawati

Zalilah

Ivy

Bethany

Shahida

Juliza

Cecilia Ramadas

Christine Teh

Farida Tahir

Hanani

Julina Patsy

Karishma

Nadiah Roslan

Nadiya

Ng Pei Wen

Nichole Lim

Azlina

Rupali Sadhale

Akma Farizun

Teh Siok Ing

Haidee & Zubaidah

Umratil Munira

Jane Ng

Oh Paik Wan

Melanie Yeap

Alymah

Wong Lai Sin

Wong Ai Wee

Shahira Shahruddin

Siti Hamizah & Erwany

Noran Fauziah

Zuraida Mohammad

Sim Kay Loh

Ng Lay Yong

Jenny Won

Atikah Azmi

Datin Rosnani

Sri Wahyuni

ACHIEVEMENT OF CURVETTES

Bandar Sri Damansara

100th Anis, Azah, Balkish, Mandy, Ivy
300th Soezarianty, Farehah
500th Hamizah
700th Juriani, Kimberly
1,000th Hayati, Haslina

Damansara Heights

100th Nurazwanis Mat Tarmezi, Kanagambigai Ganesh, Siew Li Foo, Leelah Ellangovan, Azleen Ashaari, Norshila Mior Rahimi
300th Dr Shalini
500th Sakina
1,500th Kim Goh

Setia Alam

100th Ang Chuei Peng, Hanis Syahira

Bangi Sentral

100th Rahayu, Nurul Efarahin, Fauziah Md Amin, Nur Afzan

Metrocity Kuching

100th September Sendar

Seri Manjung

100th Norhafidza, Noor Asnita
300th Low Song Ling, Nor Nadiah
500th Hong Ah Ming

Bukit Jelutong

700th Nazatul Sheima

Anis

Azah

Balkish

Mandy

Ivy

Soezarianty

Farehah

Hamizah

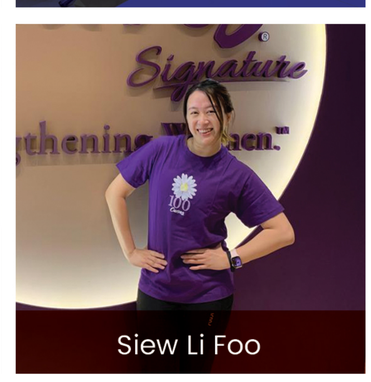
Kimberly

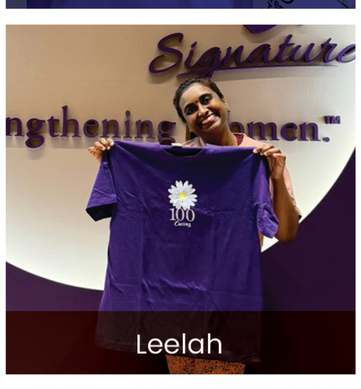
Rupali Sadhale

Haslina

Rupali Sadhale

Kanagambigai


Siew Li Foo


Leelah

Azleen Ashaari

Norshila Mior Rahimi

Ang Chuei Peng

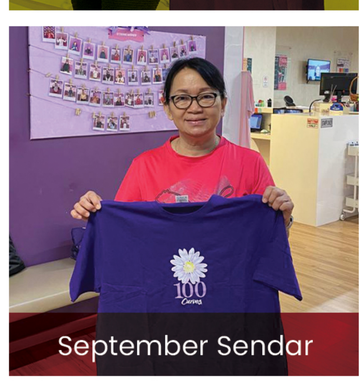
Hanis Syahira

Rahayu

Nurul Efarahin

Fauziah Md Amin

Nur Afzan


September Sendar

Norhafidza

Hong Ah Ming

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Strengthening Women.™

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