

# Curves NEWSLETTER



## CELEBRATING STRONG, EMPOWERED WOMEN AT GRAB MALAYSIA'S #SISBOLEH EVENT!

What a day to remember! We were beyond thrilled to be part of Grab Malaysia's #SisBoleh event—an inspiring initiative in celebration of International Women's Day!

A sincere appreciation to Deputy Minister of Women, Family and Community Development, Yang Berhormat Datuk Seri Dr. Noraini Binti Ahmad, and Adelene Foo, Managing Director of Grab Malaysia, for gracing the event and championing the power of women! Your dedication to women's empowerment is nothing short of inspiring!

From engaging conversations to celebrating the unstoppable spirit of women, it was a day filled with energy, passion, and purpose. Here's to lifting each other up and proving that YES, SIS BOLEH!

## CURVES SIGNATURE DAMANSARA HEIGHTS CELEBRATES 1ST ANNIVERSARY WITH A RETRO TWIST!

What a day, what a vibe, what a PARTY! Our 1st Anniversary Bash was an all-out retro extravaganza, and let's just say—we ate, danced, laughed, and celebrated like queens!

From funky dance-offs to groovy games, delicious bites, and a lucky draw that had everyone on the edge of their seats, the day was nothing short of legendary! Our Curvettes showed up in their fiercest retro fits, ready to boogie, and let's be real—we absolutely slayed the dance floor!

A massive THANK YOU to everyone who joined the fun and made this day one for the history books! Here's to another year of sweat, strength, and sisterhood—but most importantly, more epic parties!



## CURVES TAIWAN VISITS WANGSA MAJU – A DAY OF SWEAT, STRENGTH & SHOPPING!



Curves Wangsa Maju buzzed with excitement as we welcomed 10 amazing Curvettes from Curves Taiwan! These ladies didn't just drop by—they jumped right into a workout with our local Curvettes, bringing their energy and enthusiasm to the circuit.

And that's not all—they loved our merchandise and took home plenty of Curves goodies! It was a fantastic day of sweat, smiles, and sisterhood, proving once again that Curves is more than just a gym—it's a global community of strong, empowered women.

To our Curves Taiwan friends—thank you for the visit! We can't wait to see you again.

\*Did you know your membership entitles you to an International Travel Pass? Ask your coaches for more details!  
\*Terms and conditions apply

## CURVES BANDAR UTAMA TURNS 6 —A ROARING LUNAR CELEBRATION!

Curves Bandar Utama just hit the big 6, and we made sure to celebrate in true Curves fashion—full of energy, laughter, and of course, sisterhood! To double the joy, we combined it with our Chinese New Year bash, and let's just say, the club was an explosion of prosperity red!

From fun games that had everyone in stitches to delicious food that fueled our dance floor energy, the party was non-stop good vibes. And speaking of dancing—oh, we danced! Nothing beats moving and grooving with our incredible Curvettes, all while celebrating six years of strength, community, and friendship.

To everyone who joined in the fun, thank you for making this celebration so special! Here's to many more years of sweat, smiles, and smashing goals together!



## DOUBLE THE MILESTONES, DOUBLE THE FUN!

Curves Setia Alam turned 3, and Curves Bukit Jelutong hit the big 5—and you know we had to party in true Curves style!

Both clubs celebrated their anniversaries with an unforgettable day of games, laughter, and sisterhood—because what's a Curves party without a little friendly competition and a lot of snacks? From high-energy challenges that had everyone on their feet to delicious food that fueled our non-stop fun, the vibes were nothing short of electric!

The best part? Seeing our amazing Curvettes come together to celebrate strength, friendship, and another year of smashing goals! Whether you've been with us since day one or just joined the Curves family, YOU are the reason we continue to grow and thrive!

Here's to more milestones, more memories, and many more years of workouts, sisterhood, and celebrations!



## PURPLE POWER: CELEBRATING IWD WITH STRENGTH & SISTERHOOD!

Curvettes, you brought the power to Purple Power! From 8th to 14th March, we turned our Curves clubs into a sea of strength, solidarity, and unstoppable energy for International Women's Day (IWD)!

You dressed in purple, struck your fiercest power poses, and shared your Curves spirit with the world! But most importantly, you helped amplify this year's IWD theme, #AccelerateAction, reminding everyone that change starts with us.

We saw so many incredible group photos, empowering poses, and inspiring messages flooding social media - each one a celebration of strength, confidence, and the incredible bond of our Curves community. And let's not forget the ultimate reward... a sleek Montigo bottle for some lucky winners!

Thank you for bringing the #StrongerWithCurves movement to life in the most fun, bold, and empowering way! Let's keep that Purple Power going all year long!

## SHOUTOUT! LIMITED EDITION MONTIGO — ALMOST SOLD OUT!

Curvettes, you heard it here first—our limited edition Montigo bottles are flying off the shelves, and we're down to the LAST few!

If you haven't grabbed yours yet, this is your final call! Sleek, stylish, and perfect for keeping you hydrated in and out of the gym, this exclusive Montigo won't be restocked once it's gone!

Don't miss out—get yours NOW before it's too late!



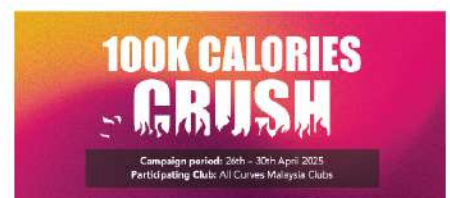
## GET READY FOR THE CURVES ROAD TO 100,000 CALORIES CHALLENGE!

Curvettes, it's time to team up, turn up, and torch those calories together! From 26th - 30th April 2025, all Curves clubs across Malaysia will unite for one ultimate goal: to burn 100,000 kcal collectively!

So rally your Curvette besties, push yourself a little harder, and let's make every rep, step, and squat count!

And here's the best part: During the challenge period, you're welcome to bring your friends and family to join the fun and sweat it out together.

Are you in? Let's smash this challenge and show that we're truly #StrongerWithCurves! More details to be shared soon.



# CLUB ACTIVITIES

## CURVES BANGI SENTRAL HITS THE TRAIL!

Curves Bangi Sentral took fitness outdoors with an epic hike at Bukit Melati, Nilai! 15 members—along with some of their family members—laced up their boots and hit the trail, conquering steep paths, soaking in breathtaking views, and sharing plenty of laughs along the way. From snack breaks to photo ops, it was all about teamwork, fun, and sisterhood.

A huge shoutout to everyone who made this more than just a workout—it was a celebration of strength, resilience, and community! Who's ready for the next adventure?



## CURVES SETIA ALAM STRIKES UP SOME FUN!

Who says workouts are just for the gym? Curves Setia Alam took the action to the bowling lanes at Wangsa Bowl, Setia City Mall, and let's just say—it was a STRIKE-ing success! With 20 members (plus some honorary cheerleaders), the energy was high, the competition was fierce, and the laughter? Absolutely unstoppable!

From perfect strikes to oh-so-close gutter balls (we won't name names), every roll was met with cheers, high-fives, and maybe even some victory dances. A huge shoutout to all the ladies who joined—whether you bowled like a pro or just came for the laughs, you made the day unforgettable! Who's ready for a rematch?



## STRONG, CONFIDENT, AND UNSTOPPABLE

### WHY STRENGTH TRAINING IS A GAME-CHANGER FOR WOMEN

Ladies, it's time to bust a myth—building strength will NOT make you bulky! Instead, it will make you feel more powerful, energised, and ready to take on the world. Whether you want to improve your health, tone up, or boost your confidence, strength training is the way to go!

### WHY STRENGTH TRAINING?

Strength training isn't just about looking good (though that's a great bonus!); it's about feeling amazing. It builds lean muscle, boosts metabolism, and strengthens bones—crucial for preventing osteoporosis. It also improves heart health, reduces stress, helps manage diabetes, and even eases joint pain by improving mobility.

### STRENGTH TRAINING AT CURVES

At Curves Malaysia, we make strength training simple and effective with our hydraulic resistance machines. Unlike traditional weights, these machines adjust to your effort—the harder you push, the more resistance they provide—making them perfect for women of all fitness levels. And the best part? Our full-body circuit workout takes just 30 minutes!

Follow us on Instagram at @curvesmalaysia for tips, motivation, and exclusive member perks. Let's get stronger together!

## Q2 2025 REWARD

From April to June 2025, power through 46 workouts and attend 3 weigh-in sessions, and you'll earn an exclusive Curves tote bag as a reward for your dedication and hard work! Stay strong, stay motivated, and let's make this quarter amazing!





## CURVENER

At Curves, we believe that every great fitness journey needs a hero, and this time, we're shining the spotlight on our very own Curvenger – Coach Nurul Hidayah!

Coach Hidayah, or Dayah, as we fondly call her, has been part of the Curves family for a decade, bringing her energy, passion, and motivation to help women achieve their fitness goals.

Beyond her role as a dedicated coach, Dayah has a fun and quirky side—she's a huge drama fan and enjoys listening to spooky podcasts! While she might seem a little reserved at first, don't be fooled—she's one of the friendliest faces you'll meet at Curves! She also loves creative activities and anything that gets her mind thinking outside the box.

Her fitness philosophy? "Fitness is not just about the body, but also the mind and soul. I began my fitness journey over a decade ago and have loved every step of the way. It's my mission to inspire others to embrace a healthy lifestyle. The only bad workout is the one that didn't happen."

With her encouraging spirit and positive energy, Coach Hidayah is always ready to support and push you towards your goals. Whether you need a confidence boost, a killer workout, or just someone to share your latest drama obsession with, she's got your back!

Next time you're at Curves Wangsa Maju, don't forget to say hi to our Curvenger and let her inspire you to be the strongest version of yourself!

## SUBMISSIONS!

HERE, WE SHARE SUBMISSIONS FROM OUR CURVETTES AND CURVENERS!

SHARE YOUR STORIES WITH US AT [SUBMISSIONS@CURVES.COM.MY](mailto:SUBMISSIONS@CURVES.COM.MY)

### Jean Chan Curves Bandar Utama Unstoppable: Overcoming Cancer with Courage & Community

I joined Curves on 4 July 2019, determined to hit my 1,000th workout milestone—but life had other plans. On 14 July 2022, I was diagnosed with a faulty heart valve and had to undergo open-heart surgery. After five months away, I returned stronger than ever, reaching my 1,000th workout on 5 December 2022, ready to push toward my 1,500th milestone.

Then, everything changed again. On 31st May 2024, I was diagnosed with stage 3 breast cancer. Shocked but unwavering, I asked myself: How do I fight this battle? My radiographer connected me with Dato' Dr. Yip Cheng Har, a renowned breast surgeon, who acted swiftly. A PET/CT scan revealed that while the cancer had spread to my skin and lymph nodes, it hadn't reached other parts of my body—a silver lining!

My treatment plan: 6 cycles of chemotherapy, a mastectomy, 15 rounds of radiotherapy, and hormone therapy. The chemo sessions were tough—low hemoglobin levels meant blood transfusions, and I lost my hair, but my amazing son-in-law shaved his head in solidarity! Despite the challenges, I stayed active, walking and even returning to Curves between treatments.

Through it all, my Curves community never wavered—they ran marathons in my name, dedicated medals to my fight, and lifted me up with endless love and encouragement. Their support became my strength. I even made it to the Curvette of the Year party on 12 October, celebrating resilience and friendship!


On 26 October, I underwent a single mastectomy, followed by radiotherapy from 25 November to 14 December. It was exhausting, but the kindness of the radiotherapy team and the new friendships I made with fellow warriors made the journey lighter. Now, I'm onto hormone therapy—a long road ahead, but one I'm ready to take on.

The battle isn't over, but I refuse to let it define me. I will keep fighting, keep moving, and keep showing up—for myself, for my family, and for my incredible Curves family, who have been my cheerleaders every step of the way. Recovery is a battle, but one worth fighting for!



**Curves**  
Strengthening Women.™

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