

December News Letter 2009

NOW THE END OF THE YEAR CAN BE A WHOLE NEW BEGINNING

Don't say good-bye to 2009 without taking the first step towards a new you. Join Curves where our 30-minute workout three times a week will get you real results.

JOIN NOW AND GET THE REST OF THE YEAR FREE

Breast Cancer Awareness and the Great South Run - Curves is starting to gain an enviable reputation for supporting local and national charities. During this past year the club has worked tirelessly for Charities, raising phenomenal amounts of cash. Thank you to all the ladies who took part in the Great South Run and all the members that also supported this good cause Macmillan Cancer Trust.

We have achieved a donations of £128 a big thank you to everyone that donated during our Breast Cancer month – We had fun in the club with our yearly Bra competition, congratulation to Doreen Anthony and Kim Goodall, also we had our pink day, Tarot card readings and tea party. We have managed to collect £128.00 for Breast Cancer and managed to collected 158 bra's weighing in at a FANTASTIC weight of 21 lbs. These will be sent to women in need in developing countries or the fabrics recycled for other needs

Christmas Calorie Tips

Christmas is coming and the Goose is getting fat – and so will we if we're not careful and watch our food intake!

The average Brit consumes a gut – busting 7000 calories on Christmas day alone, but it never ends there does it? Days after the presents have been unwrapped, a seemingly – innocent meal of a turkey sandwich, a left over mince pie and a glass of wine comes to a whopping 930 calories, which you'd have to walk 9.3 miles to burn off.

But its not doom and gloom – with some careful planning it is possible to have a low – calorie Christmas

MORE PROTEIN LESS FAT

On Christmas Day and Boxing Day, think about the plates of food that you have and go for more turkey and more veg and the minimise the sauces and high fat ingredients like roast potatoes.

VARY YOUR VEGETABLES

Vegetables are low GI and high in fibre and will fill you up with fewer calories than fatty alternatives

HAVE SMALLER PORTIONS

In the Mediterranean countries, they put a small amount on a plate and then, if they feel like they will have some more. But in Britain we tend to load up the plate until its overflowing.

TAKE A BREAK BETWEEN COURSES

Christmas is a big family meal of the day, so if you have breaks where people can get up from the table and come back, then it gives the hostess a break and it means the food has time to kick in, so you'll eat less.

