

**Strengthening Lives, one  
Woman at a time.**

**February 2011**



**ONE WILDLY  
EFFECTIVE WORKOUT**  
from Curves® Circuit  
& Zumba Fitness®

**Get Started Today!**

**FREE\***  
wildly effective  
**WEEK**



The Curvettes of Fareham would like to say a big **HELLO** to Gregg.

Gregg is a fully qualified dance instructor, with many years in the business.

Gregg has now Joined us as our Zin Zumba instructor

So come along join in and have some fun in his Zumba Classes

Monday 9.30-10.00      10.00-10.30

Tuesday 7.00-7.30      7.30-8.00

Please pay when booking to reserve your place.

Tired of dieting? Curves has a weight loss solution that'll fit you for a lifetime.

Whether you're ready to start losing weight, need to boost your metabolism, or just want to learn more about healthy eating, the Curves Weight Management Plan can help. So what's different about the Curve Weight Management Plan?

Many women have a list of diets they've tried over the years and the one thing these diets all have in common is that they often fail. Why? They leave you hungry and feeling deprived, and they slow your metabolism, which sets you up for a never-ending cycle of yo-yo dieting. The Curves Weight Management Plan changes all that.

Here's how:

#### It Revs Your Metabolism

The Curves Plan raises your metabolism through eating — yes eating — and strength-training, which builds calorie-burning muscle.

#### It Allows You to Eat

On the Curves plan you eat five small meals rather than three large ones. This helps keep you from feeling hungry and it keeps your metabolism revved.

#### It Offers a Wide Variety of Food with Easy to Follow Meal Plans

The plan recommends limiting your intake of refined carbohydrates and sweets, but no foods are off-limits. You simply choose 3 meals and 2 snacks from the recommended list or use the built-in food exchange system to easily substitute or build meals that appeal to you.

## Julie and Reflection Therapies.

Rejuvenate, unwind, soothe those aching muscles and relax with Reflexion therapies.

Special offers available for Curves Members.

### Need Extra Help This Month?

Our Circuit Coaches are on hand to help motivate and inspire you on our circuit. Whether you need a refresher or you just want help burning those calories.

Book today at reception with a member of staff

### Water Bottles

Please make sure you take your water bottles home when you finish your workout.

Many Thanks

## Go On Treat Yourself

Healthy eating isn't confined to just fruit and vegetables - it's important to follow a varied, balanced diet and, thankfully, this includes the odd treat now and again. It is also important to remember that some -so-called 'unhealthy' foods have a bad reputation they don't deserve. In fact, there are some oft-maligned foods that, while we may not exactly recommend eating them every day, can have a beneficial effect on your body. Just don't eat them all at once...

### **Ice-cream**

Full-fat, triple-chocolate, cookie-dough ice-cream is certainly not on anyone's list of healthy foods, but low-fat or even regular vanilla (or a similarly plain flavour) is not nearly as bad for your waistline as you might think. Some research even suggests it could help you to shed body weight, when consumed in small amounts.

The key is ice-cream's high calcium content. A survey by researchers at the University of Tennessee in Knoxville found that calcium-rich foods help to slow down or even stop lost weight from creeping back onto your body. Just remember to limit the number of scoops...

### **Full English breakfast**

Seriously. No jokes. We kid you not. While conventional thinking suggests a fry-up would be the unhealthiest breakfast option, research suggests that it could in fact be the best way to start the day. A University of Alabama study found that a breakfast of bacon and eggs, though high in fat, appears to programme the metabolism for the rest of the day.

The scientists discovered that mice fed on a meal high in fat after waking had normal metabolic profiles, while those fed on carbohydrates in the morning showed increased weight gain because their bodies were less able to deal with different types of food consumed later in the day.

### **Cheese**

Cheese is a prime example of why few foods should be classed as 'off-limits'. Yes, it's high in fat, but cheese is a fantastic source of calcium and also contains conjugated linoleic acid, a good type of fat which is thought to help reduce the risk of cancer, heart disease and diabetes. Experts also say the acid can stop your body from storing fat. Hooray for fromage!

### **Nuts**

Sure, they are high in fat but a handful of nuts as a snack will help you to keep weight off, rather than pile on the pounds. Nuts contain good, natural fats and are packed with protein, so just a few will satisfy your mid-morning and afternoon cravings and keep you away from treats that really will make you put on weight. Almonds, Brazils, walnuts and hazelnuts are among the best, and you should stay away from salted or roasted nuts if you can resist over the festive season...

Don't forget to check out our Members board at reception to find out what is happening in the club this month.

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Thought of the month  
Dance like no one is  
looking. Sing like no one is  
listening and  
Love like you have never  
been hurt.