

News Letter May 2010

2 for 1: Promotion

At Curves Fareham we understand that having a friend involved can help motivate new members to start a weight loss program, so we're determined to do whatever it takes to help our members to achieve their fitness goals, The 2 for 1 Promotion allows friends and family join Curves of Fareham for 50% off the joining fee then split that between two friends or family members.

Interesting Read Secret to a Flat Stomach-Thin Air

Aside from the Steep hills they have to climb, there's another reason why people who live in mountains have fine figures-the air.

According to research by the university on Munich, published in the journal *Obesity*, fat is much easier to burn off when the air is thin.

A study of 20 men, who had a mass index of 34, showed that weight dropped dramatically just by living near the top of Germany's highest mountain for a week.

They made no change to their exercise or eating patterns and found that the weight loss was maintained for 4 weeks after. Perhaps we may see new treatments based on this new evidence.

Food Facts Bananas

Bananas are full of nutrients. You'll get around 90 calories and 15g of carbohydrate from a mixture of 3 sugars and starch, which means that this fruit release it's energy supply moderately.

The Fibre in Bananas is important for protecting against bowel cancer, lowering cholesterol and stabilising blood sugar levels.

Bananas also deliver potassium, which is essential for regulating fluid levels in cells, maintaining blood pressure and minimising the risk of stroke.

They're also packed with magnesium, crucial for the formation of new cells and muscle contraction, and vitamin B6, which is involved in the manufacture of red blood cells as well as the breakdown of proteins, carbohydrates and fats.