

News Letter November 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

Great South Run

On Sunday 25th October 22 Curves members participated in the Portsmouth Great South Run. The team and other Curves members have been working very hard to raise money for the McMillan Cancer Care Trust. This has been achieved by selling home made Jam, in club raffles, members sponsorship and a bring and buy sale.

We and the McMillan Cancer Trust would like to say a big thank you to all the team and all of our Curves members who have contributed to helping the team achieve there goal of £4000.00.

Health and Lifestyle

1. Lifegoes backwards at 40

Life doesn't just begin at 40; it goes backwards, according to a survey that also says young people feel older than they actually are. Today's 20-somethings feel three years older than their birth certificate states and the average 30-something feels their actual age, but the average Brit aged 40+ feels 11.5 years younger than their actual age. The top three reasons for lower energy levels were identified as an unhealthy diet, lack of exercise and not getting enough sleep.

UK Parents Lounge

Good Foods to Boost your Mood.

For a mood pick-me-up, ditch the doughnuts. The British Diabetics Association says a lack of important vitamins may be the cause of your blue feelings – eating more of foods rich in vitamin B, folic acid and iron is healthy way to improve your mood. If you want a feel good snack, up your intake of vitamin B by eating marmite on wholegrain toast or a handful of dried fruit. Grab an orange, which is rich in folic acid, or choose a breakfast cereal fortified with iron. The association also points to studies that suggest a low intake of selenium may affect your mood. A handful of brazil nuts, a boiled egg or grilled fish are all excellent