

Curves Fareham

Strengthening Lives, one
Woman at a time.

September 2010



Try Us For FREE!
And Get HALF
PRICE

www.curves.co.uk



Call NOW to book your
appointment

[Over 10,000 clubs worldwide]

Curves

The power to amaze yourself.™

Weight Management

Classes are free for members
as well as non-members

The curves weight management
plan is a 30 day diet set up to help speed up
your metabolism so you get permanent results
without permanent dieting

Please see a member of staff for more details



Here is our list of foods that will give your natural fat burners
a turbo-boost and give you tight, toned, to-die-for abs.

- 1) **EGGS:** protein content stops lean muscle being broken down whilst high level of B12 has opposite effect on fat cells
- 2) **LEAN MEAT:** great for building muscle and strengthening immune system
- 3) **OILY FISH:** full of healthy fats which stops your body from storing fat on the waist
- 4) **NUTS:** almonds and brazils are the perfect snack to curb sugar cravings
- 5) **OLIVE OIL:** encourages body to burn fat and reduce cholesterol
- 6) **BEANS:** great source of fibre and iron which is great for the digestive system
- 7) **LOW FAT DAIRY:** rips through fat reserves
- 8) **WHOLE GRAINS:** swap processed carbs like white bread and pasta for wholegrain versions to stop fat from storing
- 9) **PEANUT BUTTER:** one of the best foods for promoting the feeling of satiety (fullness)
- 10) **LEAFY VEGETABLES:** very low in calories and full of fat burning fibre which makes you feel fuller for longer

change
4 life

Bupa

FIA
FITNESS INDUSTRY
ASSOCIATION
MEMBER

New Curves Products

The New Curves Products are here!

Keep an eye out for exclusive Curves products each week

Club Maintenance

Please be aware the club will be closed on Saturday 11th September for Maintenance
Thank you for your cooperation

Reach for the moon,
if you fail at least
you'll end up
amongst the stars



Did you know the Curves Workout and Weight management program is the most research programme within the Fitness Industry?

Not only that but over 4 million women use Curves across the Globe and enjoy the benefits of a regular workout and balanced diet.



Ladies Night

Once again Curves Fareham is hosting an open house ladies night.

Come along and join us for an evening of shopping whilst enjoying the refreshments on offer.
Tickets are £2.50 each and your guests come for free
See a member of staff for more details

Water or Coke?

Water

1. 75% of people in the UK are chronically dehydrated.
2. In 37% of people the thirst mechanism is so weak that it is mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79% and you are 50% less likely to develop bladder cancer.

Coke

1. In the US many states highway patrols carry two gallons of Coke in the trunk to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the 'real thing' sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers, rub the bumper with a crumpled-up piece of aluminium foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt apply a cloth soaked in Coca-Cola to the bolt for several minutes.
7. To remove grease from clothes empty a can of Coke into the load of greasy clothes, add detergent and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.

So.....Water or Coke?

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