

Curves Mail



January/February 2009

Member in Focus

Lou Viney

Curves has been great fun. I joined with my mum for moral support, but the girls are so friendly and welcoming they make you feel so comfortable you can easily go on your own.

I've always been sporty but over the years with work I've had to cut down. I needed something to improve my fitness so I could keep up with the younger hockey players on the pitch.

It had to be something to fit around my busy life and as we all know time is precious! With only half an hour Curves is superb!

The gym is relaxed and being women only there are no sweaty, competitive men to put you off your stride!

I started 3 times a week as recommended. I thought if I could spare ½ an hour 3 times a week I could everyday and also get results faster!

I have a holiday booked in the New Year and Curves is giving me the confidence to get the bikini out and throw away the sarong! **Total Attendance: 112**

Food in Focus

Berries

Strawberries, blueberries, raspberries, blackberries, cherries! They are packed full of anti-oxidants (immune enhancing nutrients) so it makes sense to include them in your diet.

Anthocyanadins and proanthocyanadins (potent anti-oxidants that give berries their red, blue or purple colour) are believed to protect against heart disease and certain types of cancer.

Berries are also good sources of vitamin C and fibre. Blueberries are one of the richest sources of anti-oxidant nutrients compared to 40 other fruits and vegetables. Strawberries came a close second to blueberries in an analysis of their antioxidant capacity and are rich in folic acid and manganese and contain more vitamin C than any other berry. Eight strawberries contain more vitamin C than one orange!

In addition berries are very low carbohydrate fruits so will not have much impact on your blood sugar levels and can be eaten freely as part of a weight loss programme. Add them to muesli and yoghurt or blend into a smoothie for a great anti-oxidant punch (remember to include ground seeds for essential fatty acid content)

A New Year + Hard Work = A New You!

The Secret to the Curves Workout

The secret to the Curves workout is that the **unique hydraulic resistance** of our machines allows you to perform cardiovascular and strength training at the same time.

The heart is a muscle and must perform hard work to become strong and stay strong. The strength training machines provide the work that **elevates the heart to its target level**.

It is not necessary to increase your target heart rate as you get in shape. As your physical conditioning improves, you will have to work harder to raise your heart rate to its target level. Sustained target heart rate activity conditions your body to access fat for energy.

The 30-second intervals were chosen because they are the optimal time for a strength-training set. Your muscles can "sprint" for about 30 seconds before they begin to exhaust. On the Curves workout, each muscle group recovers for 90 seconds before you work it again – this is the amount of time it needs to recover before it can work again.

Finally and most importantly you **must work the machines with intensity**. Remember the speed of movement determines the amount of resistance. Moving more slowly on the machines means you move less resistance and you may not achieve the full benefits of strength training. It is essential to the Curves workout to overload your muscles to make sure they work harder than they would usually work. A workout at Curves is the hardest 30 minutes of your day!

Member in Focus

Elizabeth Fisher

I joined Curves in August and have lost 4lbs, a few inches and reduced my body fat. But the main benefit for me is that I feel better in myself and have more energy.

Normally I go 3 times a week but in November I didn't miss a session which is amazing as I also work and have never been that dedicated to exercise of any type!

I find Curves ideal for me as the sessions are only ½ an hour, not boring, everyone is very friendly and the staff are great, supportive and interested in their members as individuals, knowing everyone's name and circumstances. We also have a giggle (sometimes my sister Caroline and I talk and giggle too much and miss the "change stations now" call!) My only criticism would be that the timing on the squat machine is definitely out, it must be longer than 30 seconds on that thing! **Total Attendance: 88**

Natural ways to help fight colds and flu this winter

Many of you will have already succumbed to the rounds of flu and cold this winter but what can be done to help prevent or alleviate the symptoms that lay so many low? Firstly it should be understood that the symptoms accompanying a cold (sore throat, aching limbs, runny nose, swollen glands), are actually the body's immune defences springing into action. For a cold to take hold the virus must get inside cells and reprogram them thus making more cold viruses which infect other cells.

The best form of defence is attack and the quicker you get in the better chance you have of overcoming the virus before infection sets in. Vitamin C has amazing anti-viral properties and by saturating the tissues with vitamin C at the first sign of an infection you can virtually stop a virus in its tracks. Take 3000mg immediately and 2000mg every 3 hours thereafter until symptoms have completely gone (if you develop loose bowels you have taken too much so gradually reduce dosage until symptoms disappear).

During an infection it is best to eat lightly, ensuring adequate protein intake which is required to build immune cells. Avoid salt and mucus forming and fatty foods such as red meat, eggs and dairy produce. **Eat plenty of raw or steamed food, soups and fresh fruit.** Above all avoid sugar (including alcohol) which temporarily disarms immune cells allowing the virus to take hold and delaying your recovery. Is it any wonder so many are laid low during and after the Christmas party season with all the rich, sugar laden foods that are eaten?

Echinacea is very popular and really useful for its anti-viral and anti-bacterial properties. It should be taken with breaks at least every 8 weeks. Garlic has long been used for its anti-viral, anti-fungal and anti-bacterial properties so can be included in your daily diet or in capsule form. Vitamin A is one of the key immune boosting nutrients. It acts as a first line of defence by strengthening cell walls and keeping the virus out. Zinc is a very important immune boosting mineral as it helps to fight infections. Homemade chicken soup is ideal during any infection as it is high in zinc. Black elderberry reduces the duration of colds and flu by preventing the virus from taking hold.

It is well worth taking a good quality multi-vitamin and mineral such as Multi-Guard by Lamberts or Immune C by BioCare which includes black elderberry, bilberry and zinc. (See Debbie for details of these products)

Debbie Hingley Dip. ION

Recipe of the Month: Chicken with Aubergine and Peppers

In this warming dish the vegetables and tomato passata cook down into a rich stew. The onions and garlic add plenty of flavour and antioxidants. You can double this recipe and freeze the remainder, or store in the fridge for up to 3 days.

Ingredients (Serves 2)

1 tbsp coconut oil or olive oil	2 chicken breasts, trimmed of fat and skin and sliced into strips
2 cloves of garlic, crushed	2 tsp ground cumin
2 large red onions, diced	1 red pepper, diced
½ medium aubergine, sliced	1 tsp Marigold Reduced Salt Vegetable Bouillon powder
200g (7oz) tomato passata	Freshly ground black pepper
1 tbsp fresh basil leaves, roughly torn	

1. Heat the oil in a frying pan and sear the chicken strips on all sides, then remove from the pan and set to one side
2. Add the garlic and cumin to the pan and fry for 30 seconds or so before adding the onions and pepper. Cook this mixture for about a minute.
3. Next tip in the aubergine and sauté gently for a few minutes until all the vegetables soften (this will take about 5 minutes).
4. Return the chicken to the pan along with the bouillon powder and passata, and simmer for 10 to 15 minutes until the meat is properly cooked.
5. Season with black pepper and sprinkle with basil before serving.

Serving Suggestion (per person)

Serve with 55g wholemeal pasta (dry weight) or buckwheat pasta or ½ a medium baked potato as well as at least 4 portions of vegetables.

Allergy suitability

Gluten, wheat, dairy, yeast free