

# Curves Mail

Total weight loss in 12 months: 104 stone 12lbs Total inches lost: 1,513.....!

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[www.curvesromsey.co.uk](http://www.curvesromsey.co.uk)

July/August 2009



## Member in Focus

### Nancy Grossey

Although born in Romsey, after leaving school, I moved to Southampton, married and lived in Edinburgh and then spent 31 years in West Wales.

We returned to Romsey after 62 years to be near our youngest son in Winchester. It was while I was at the hairdresser that I was handed a leaflet explaining Curves. I walked up to the station and in a very short time Debbie had me trying out the machines and explaining what the exercises could do for me. That was at the end of February this year and, so far, I have 13 lbs and 10 inches, as well as 4.1% body fat!

It is such a happy friendly environment. We exercise to music and Debbie, Beth and Lucy keep an ever open eye to make sure we use the machines correctly and therefore get the most out of them.

I look forward to every session; it makes me feel better, fitter and I sleep like a baby – quite a feat at my age. I bless the day I learned about Curves – half an hour well and truly spent.

It is our 1st birthday on 28th July and you are invited to our birthday party on **Friday 24th July at 7.30pm**. Come and celebrate our 1st year of opening with a glass of bubbly! If you would like to attend ask a circuit coach in the club to add your name to the guest list!

\*Club will be closing at 6.30pm – last workouts start by 6pm



## Member in Focus

### Dawn Davis

I've been a member of Curves since February of this year. My way of life over the past 5-10 years had gradually become more and more sedentary. The more weight I put on the less I wanted to do and the more depressed I became. My self-esteem hit rock bottom, and I was eating comfort food to try and make myself feel better but then I felt guilty and depressed. At the end of 2008 my son announced he was getting married in May and I was determined not to appear in his wedding photos looking like a beached whale. In January I sought help from my GP to tackle weight problem. Test results showed that I have Type II diabetes, high cholesterol, high blood pressure and chronic kidney disease, stage III! And I hadn't any symptoms! This was the push I needed – vanity is one thing but risking your health is a whole different ballgame.

I wanted to get the weight off as quickly as possible, as well as getting the exercise I needed, so I went along to Curves. I met Debbie and Beth who were so friendly and welcoming I felt immediately felt at ease. Attending 3 times a week is recommended, but I wanted to get things moving and decided to go every day. I've now been a member for 5 months and haven't missed many sessions. Debbie has also helped me understand my body's dysfunctions and given me advice on my diet. What a great package and all for £29 a month! To top it off, I reached my goal weight in June and have now been given a new target to aim for.

My life has improved so much – I don't get breathless, my feet and knees don't cry out in agony anymore (arthritis), my core strength has improved and I've made new friends. In January I was a size 20, but for the wedding in May I wore a size 16 outfit! Now when I look down I can see my feet instead of my abdomen, and on the walk home a few weeks ago I was whistled at! Thank you Curves, you've given my back my life.

## 15 Ways That Exercise Can Improve Your Health!

- ✓ Improve your brain power
- ✓ Lower your blood pressure
- ✓ Fight off a cold
- ✓ Manage arthritis
- ✓ Lower your risk of heart disease
- ✓ Cure insomnia
- ✓ Fight depression
- ✓ Lower your risk of diabetes or reverse pre-diabetes
- ✓ Build strong bones
- ✓ Lose weight
- ✓ Reduce your risk of cancer
- ✓ Boost your IQ and think better
- ✓ Relieve chronic knee pain
- ✓ Increase your energy levels
- ✓ Slow down your aging process



Congratulations to Karen Coulson who recommended a friend to Curves and won a £50 voucher for Bertie's restaurant!

## Fat does NOT make you fat!

### Are You Fat Deficient?

Every meal and snack should be made up of a proportion of protein, carbohydrate and fat. It is important to realise how essential fats are in the diet and how they can help you achieve your weight loss goals. There has been a lot of misinformation and controversy with regard to fats over the years, leading to the marketing of “low fat diets” and “low fat” or “no fat” food products being seen as the key to successful weight loss. If this is the case, with so many following this misguided information, how is it then that the number of people classed as obese is at an all time high and steadily increasing?

There are “good fats” – termed essential fatty acids (EFAs) and there are “bad fats” – hydrogenated and trans fats found in biscuits, pastries, deep fried foods and some vegetable margarines. EFAs (saturated fats, omega 3, 6 and 9 are essential to good health and must be obtained from our diets. Saturated fats are largely found in animal products and coconuts. Omega 3 sources are oily fish, walnuts, flax (linseed) and dark green leaves. Omega 6 sources are sunflower, walnut, pumpkins, sesame, flax and soybean. Omega 9 sources are olives, almonds, avocado, pecan and hazelnut.

When your body is deprived of EFAs, i.e. when following a “low fat diet”, your metabolic rate slows down so you can't burn calories efficiently. Weight gain is a symptom of omega 3 deficiency. Omega 3s increase metabolic rate, oxidation rate and energy production. As metabolic rate increases more fat and glucose are burned and less fat deposition takes place. When we diet on calorie restricted programs our metabolic rate decreases thus leading to weight gain with even a small intake of food.

- Oily fish (salmon, sardines, mackerel, pilchards, herring) should be eaten at least 4 times weekly.
- A small handful of unroasted, unsalted nuts can be eaten as a snack or added to muesli and yogurt.
- Seeds need to be ground in order to effectively release their oils. Keep refrigerated in a container. Add 1 tbsp of ground flax, sunflower and sesame seeds daily to cereals and yogurt or sprinkle over salads. So enjoy nuts and avocado as part of your daily regime without feeling guilty.

Research has also shown positive results for Omega 3s in heart health, maintaining normal cholesterol levels, healthy skin, joint mobility, brain development and diabetes management. When choosing a fish oil supplement choose one that has undergone a purification process to remove contaminants and ensure it contains Vitamin E as an anti-oxidant. (See Debbie for more information on selecting fish oil supplements).

Debbie Hingley Dip ION

Our Curves website is now live! Go to [www.curvesromsey.co.uk](http://www.curvesromsey.co.uk) to view our member testimonials, check out events coming up in the club and read archived newsletters. More photos coming soon...!



### Recipe of the Month: Chicken Curry

#### Serves 2

1 tbsp coconut oil or olive oil  
2 chicken breasts, trimmed of skin and fat and sliced into strips  
1 tsp ground cumin  
½ tsp turmeric  
4 cloves garlic, crushed  
1 mild red chilli, deseeded and finely chopped  
2 onions, chopped  
2 tsp Marigold Reduced Salt Vegetable Bouillon powder dissolved in 210ml (7fl.oz) water  
210ml (7fl.oz) coconut milk

1. Heat oil in a frying pan or wok and sear the chicken strips on both sides then remove from the pan and set to one side.
2. Fry the cumin and turmeric in the pan for a few seconds before adding the garlic and chilli and sautéing for 30 seconds.
3. Add the onion and fry to soften them.
4. Pour the bouillon liquid into the pan with the coconut milk, return the meat to the pan and simmer until the chicken is cooked – about 20 to 30 minutes
5. Serve with 45g brown basmati rice and at least 3 portions of vegetables

**Suitable for wheat, gluten, dairy and yeast free diets**

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