

# Curves Mail



March/April 2009

## Member in Focus

### Glenys Rigby

I retired at the end of September and decided to have a "lazy" month in October. I then joined Curves in November and have been coming ever since. I have only missed one session due to bad weather! Although I started on my own I soon made friends.

I find the ½ hour workout works really well. I do it first thing every morning and now it has become a routine to take the dog for a walk and then onto Curves. I find it more motivational than going to the gym as there are others who you can chat to or get support from the very friendly staff.

At first I only lost 11lb for the first two months but, with Debbie's help and support (I went on a wheat free diet) and I have lost 8 lbs and 7 inches and over 1% body fat which is the equivalent of over 7 body fat lbs!

I am also diabetic so exercise is an important part of my life to help improve the body's removal of glucose from the bloodstream. I am very pleased and feel I have more energy especially in the mornings! This has made me more determined to carry on and try to lose more!

## Curves is a HIT!

The Curves workout is a form of High-Intensity Training (HIT). It is one of the most effective fat burning forms of exercise. It can also dramatically improve your cardiovascular capabilities. *"By mixing bursts of high intensity work with low intensity periods of recovery you're overloading both the aerobic and anaerobic systems at the same time, getting the benefits of both aspects of training simultaneously."* (Appleby, M., 2004). This form of training is designed to include short high bursts of exercise (demonstrated at Curves on the machines) followed by recovery periods (demonstrated on the recovery boards). During high intensity periods you'll begin to feel the 'burn' as your body eliminates lactic acid. As long as you are working hard enough on a machine you won't physically be able to maintain this level of intensity for long before you need a period of recovery. Higher intensities also stimulate your metabolism far more AFTER the workouts than lower intensity training. You continue to burn fat for long periods after you're done training. HIT also helps to build new muscle which in turn will speed up your metabolism. The more muscle you have, the more calories you'll burn (even when doing nothing!) This type of exercise has been proven to reduce the risk of developing diabetes and heart disease.

## Curves Annual Food Drive

We are pleased to announce that we surpassed our target of 1,000lbs and managed to donate **1,464 lbs** of food to the Winchester Churches Nightshelter! They were absolutely overwhelmed when they received the food, as you can imagine! All of us at Curves would like to say a big thank you to everyone who brought in food or monetary donations for the cause. We are very grateful for your support! A big thank you also goes to our members Diane, Ann and Lou as well as our new circuit coach Lucy for doing the back breaking work of loading all the food into the cars which Lou, Ann and Lucy then transported to the shelter! Thank you so much!

## Special Member Offer!

Do you know anyone who you would like to workout with or who would be interested in coming along to Curves with you? Now is the time to ask your friends because if you get a friend to join Curves during April or May you will be entered into a prize draw to win a £50 voucher for a meal out! If you are the lucky winner you will be able to choose from a variety of restaurants in and around Romsey! Each member that gets entered into the draw will still earn their £4 Curves Cash as well. And remember more members means new and different equipment! See signs in the club for more details

## Diabetes

Recent reports state that between 1999 and 2003 there has been a 74% increase in people being diagnosed with diabetes – 99% of these are type II. Type II used to be known as late onset diabetes but is now being seen in children as young as 7yrs old. Diabetes in the UK is increasing at a faster rate than the US. The treatment of diabetes costs the NHS £1million per hour! That really is shocking when you consider that type II diabetes can be prevented and even reversed when following correct nutritional protocol.

But what is diabetes and how is it treated? Put simply it is the build up of too much glucose (sugar) in the bloodstream. This can lead to serious complications including: nerve damage, broken blood vessels in the eyes, hardening of the arteries, loss of circulation to the legs and feet (can lead to amputation) and kidney failure.

Type I diabetes stems from damage to cells in the pancreas that produce insulin – which is required to transport glucose out of the bloodstream to the body's cells. Type I diabetics require insulin... **continued overleaf.....**

# Diabetes

**...Continued from front page...** Type II diabetes is entirely lifestyle dependent resulting from consuming excess sugar and refined carbohydrates and/or a sedentary lifestyle. Type II diabetes does not occur overnight. It is the outcome of 'insulin resistance' whereby insulin's ability to transport glucose into the cells is diminished and the result is an accumulation of glucose in the bloodstream. When this happens the pancreas produces even more insulin to compensate. When your body consistently produces high levels of insulin it is a good indication that you are resistant to insulin hence the term 'insulin resistance.'

Contributing factors to insulin resistance include high intake of sugar and refined carbohydrates, sedentary lifestyle, being overweight, excess body fat around the middle, high blood pressure, a diet high in saturated fat, stress and a lack of vital nutrients. By following a diet that reduces or avoids refined carbohydrates, sugars, alcohol and stimulants and includes complex carbohydrates such as oats, wholegrains, legumes and vegetables you can go a long way to prevent insulin resistance. Ensuring adequate intake of essential fats (nuts, seeds, olive oil) and good quality protein at each meal contributes to balanced blood glucose levels.

Every time you eat your body has a choice: it can either burn that food as energy or store it as fat. Research has found that high insulin levels cause you to change your food into fat and also prevent your body from breaking down previously stored fat. Excess insulin is the primary reason for obesity and early ageing. If you can learn to understand which foods are contributing to your weight gain you will hold the key to losing it. The amount of insulin released in your body is determined by *what you eat*. In order to avoid fluctuating blood sugar levels and high insulin levels it is necessary to eat more low GI (Glycemic Index) foods and avoid high GI foods. The GI is a measure of how much a specific carbohydrate will raise your blood sugar levels. High GI foods include refined (white) bread, potatoes, cakes, biscuits, some confectionery and sugars. You can slow the release of sugar from high GI foods by making sure that you eat them with proteins, essential fats and plenty of fibre. ie a banana releases sugar quickly but adding a few nuts or plain yoghurt mitigates the effect on your insulin and blood sugar levels.

Regular exercise is not only essential if you are diabetic, or are insulin resistance but should also be carried out to prevent diabetes. Exercise reduces insulin, helps balance blood glucose and helps you lose fat and gain muscle. Muscle is one of the major stores of glucose and the more muscle you have the better able you are to store glucose instead of it being converted to fat. The Curves workout is the perfect duration and when performed at an intensity that causes you to breathe heavily but not gasp for air, is the right type of exercise to help prevent diabetes and improve insulin sensitivity.

*Debbie Hingley Dip ION*

## Spiced Turkey Burgers with Sweet Potato Wedges and Red Pepper and Cucumber Salsa (serves 2)

### **Turkey Burgers: (making 2 burgers each)**

250g (9oz) turkey mince  
1 egg yolk, beaten  
4 spring onions, finely chopped  
1 mild red chilli, deseeded and with the white pith removed  
2 cloves of garlic, crushed  
½ tsp ground cumin  
½ tsp ground coriander  
Freshly ground black pepper

1. Mix the turkey mince with the rest of the ingredients and leave to sit in the fridge to marinate for at least an hour.
2. Shape into burgers and grill under a medium heat for 10 minutes, then turn and grill for a further 7 minutes.

### **Sweet Potato Wedges**

1 medium sweet potato, washed but unpeeled, cut into wedges  
½ tbsp olive oil

1. Preheat the oven to 180C/350F/Gas mark 4
2. Place the wedges on a baking tray and drizzle with the oil, shaking to coat, then bake for 40 minutes, turning the wedges halfway through cooking

### **Red Pepper and Cucumber Salsa**

1 medium red onion, diced	4 cherry tomatoes, cut into small chunks
½ red pepper, diced	1 tbsp olive oil
1 dsp fresh flat parsley leaves, finely chopped	5cm (2in) chunk of cucumber, cut lengthways into quarters then sliced into triangles
2 tsp lemon juice	
2 tsp red chilli, deseeded and finely chopped	Freshly ground black pepper

1 easy step: mix all the ingredients together!!!

**Allergy information:** gluten, wheat, dairy and yeast free

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