

Curves Mail



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Member in Focus

Theresa Howie

Last year I had to relocate to Romsey from Windsor, a place I loved for 17 years and also had to leave my job at Heathrow Airport, one of the most exciting and interesting places to work. Things were fine in Romsey for a few weeks, then reality kicked in. I felt I had lost my life! What to do with all my time? I began to feel really down. The local magazine came through my door and in it there was the ad "Curves is coming to Romsey". It was like a lifeline. I joined. On my first visit I was welcomed by Debbie and Beth. The members were all ages, shapes and sizes, no designer kit required, no pressure to impress and an exercise programme that was only ½ an hour! This was for me. Now after a few months I've lost 11 lbs, got my waist back and feel so much more toned and energetic. I really look forward to my sessions 3 times a week and meeting up with members that I've become friendly with. A big thank you to the Curves team for putting me back on track. PS - I'm also beating the credit crunch. My clothes all fit me again so I don't have to buy anymore!

Weight lost: 11 lbs **Inches:** 9.5 **Body fat:** 4.6%

Recipe: Vegetable Chilli

Serves 4

- 2 tsp coconut or olive oil
- 1 onion diced
- 2 cloves of garlic, crushed
- 1 pepper, diced
- 1 tsp ground cumin
- 1 tsp crushed chilli flakes
- 1 tsp chilli powder
- 250g (9oz) mushrooms
- 1 courgette, chopped
- 1 x 400g can chopped tomatoes
- 3 tbsp tomato puree
- 1 x 410g can kidney beans, rinsed and drained
- 1 x 410g can borlotti beans, rinsed and drained
- 3 tsp Marigold Reduced Salt Vegetable Bouillon powder

1. Heat the oil in a pan and fry the onion and garlic for 2 minutes
2. Add the pepper and spices, cover to sweat for 5 mins till pepper softens
3. Add the mushrooms and courgette and cook for a minute until they soften
4. Tip in the chopped tomatoes, tomato puree, beans and bouillon powder, stir, then cover and simmer for 5 minutes

Motivational Minute

"You're so busy lately and you've had a hard time finding time to get your workouts in. Here's how to make time for you:"

Sorry, but it's time for some tough love. As the saying goes, "You will find time to do the things you make time for." It's easy to get bogged down with so many responsibilities, all of them seemingly must-dos, and it's so easy to put yourself last; it seems to be built into our female DNA. This is truly backward thinking. Another great saying is appropriate: "Those who don't find time to work out will need to make time for illness later. Working out and keeping yourself healthy has to be on the top of your to-do list. You're the first domino in the priority line. If you tumble, everything else is certain to go too.

"Everyday there are dozens of choices you make that affect your health. Here's how to say no to no-no's:"

J.K. Rowling said, "it is our choices that show who we really are, far more than our abilities." Regardless of who we are, we all have choices that affect us. This is a great power. A power to make things happen in our lives. If we wield the power wisely, good things can happen. If not, we must live with the consequences. What choices will you make today? Choices that will move you toward your goals or away from them? Surprisingly, the more good choices you make will give you the power and motivation to perpetuate the positive choices - in other words, it gets easier the more you do it. Take control of your options!

myCurves Join the Curves

Community

myCurves.com is a community website for all Curves members around the world featuring member success stories, workout tips, recipes, discussion forums and much much more!

- To register simply go to www.mycurves.com
- Click on "click to register for mycurves.com"
- Complete form, filling out the "club access code" where requested.

Ask a circuit coach for the access code or collect a flyer on the counter.

Would you rather be ab than flab?

4 ways to shift abdominal fat

1 Exercise, 2 Diet, 3 Get adequate sleep, 4 Reduce stress.

The most frequent comment I hear from our members is 'I want to lose all this extra fat from around my middle' **Exercise** is so important as it will help shed excess pounds and normalise insulin levels. Any exercise that targets the abdominals will help tone those muscles to give you a flatter looking abdomen. When you're exercising to achieve weight loss you'll want to focus on weight bearing exercises, as muscle burns calories quite efficiently. Non-weight bearing exercises, like swimming and cycling, are not as efficient or effective for weight loss. Another factor that is often overlooked is your back muscles. Your back helps you hold yourself up and your stomach in, from behind. So having strong back muscles, as well as abs, is essential for a flatter abdomen.

There is no single abdominal exercise that challenges *all* your abdominal muscles so you need to perform a variety of exercises that involve the full range of muscles. Additionally, to really maximise your weight loss efforts make sure you include high-intensity interval exercises and strength training in your program. An added bonus of interval exercises is that it can radically decrease the amount of time you need to spend exercising. The success of the Curves '30 minute workout' is based on these principles.

Diet is equally as effective at helping you to shed those extra inches from around your waist and abdomen. As I have mentioned in previous newsletters balancing your blood sugar levels, thus controlling your insulin levels, is as important to optimizing your weight as it is to protecting you against diseases like diabetes and heart disease.

When your insulin levels increase (in response to rapid break down of refined carbohydrates and sugar - including alcohol) you are telling your body to store carbohydrates as fat and to not release any of the stored fat. This makes it impossible for you to use your own stored body fat for energy.

So excess refined and processed carbohydrates in your diet (such as breads, processed cereals, and pasta) not only make you gain weight, they make sure you keep that weight on. By significantly reducing grains and cutting sugars from your diet, you can improve your chances of successful weight loss. Making sure you combine wholegrains such as brown rice with protein and eating vegetables in abundance (raw and lightly steamed) you will provide your body with carbohydrates that release sugar slowly into the blood stream and thus minimise insulin release and begin to more successfully burn stored fat for energy after completing an exercise routine.

There seems to be a lot of confusion around the word 'fats.' We need fat in our diets, in particular those termed 'essential'. These essential fats have actually been found to be helpful in reducing the accumulation of abdominal fat.

A study published in the journal *Diabetes Care* in July 2007 found that diets rich in monounsaturated essential fats prevented the accumulation of both types of belly fat, without additional exercise. Foods high in monounsaturated essential fats include: Nuts, especially pecans, seeds (sunflower, sesame, linseed, pumpkin) and avocados.

Ensure you get adequate amounts of sleep. Too little sleep (less than six hours) or too much (more than eight hours) results in an excess production of the stress hormone cortisol. Cortisol is a stress hormone, produced by your adrenal glands in response to stress. This hormone promotes the storage of fat around the abdomen. Cortisol tends to store unused fat that has been released by your body in the stress response. Abdominal fat contains large amounts of cortisol receptors thus you may tend to gain fat in the abdominal region when you are chronically stressed or have trouble sleeping properly.

Reduce stress. Giving yourself 15 minutes a day for relaxation can also lower your cortisol levels, helping you shed abdominal fat. Deep breathing, a stroll outdoors, a bubble bath, a relaxing massage or reflexology treatment can help you switch off and leave the world behind. Remember - put yourself back on your priority list!!