

Curves Mail



November/December 2009

Member in Focus

Viv Wiles

In April 2009, my school colleagues and I decided that we would walk in Cancer Research's 'Walk for Life' to raise money in remembrance of one of our parents who died from breast cancer earlier in the year. We had all been upset and shocked by her death as just before Christmas she told us she was cured. During the holiday she was told her cancer had returned and she died in February. She was a brave lovely lady.

As I hadn't exercised for years, always making excuses for myself and immersing myself in my job and family, I decided that I would have to start walking. I started walking close to my home and gradually increased how far I was going. I started to lose weight and feel much better about myself and fitter.

Just at this time a leaflet was put in my hand in Romsey town and I heard about Curves. I was a little apprehensive but felt that I needed to increase my physical activity. Curves is great! Beth and Debbie and their friendly staff immediately put me at ease and after a few visits I was eager to continue. The friendly atmosphere and being able to drop in at any time has made Curves work for me. With dark evenings upon us, I would have not continued walking and I find I can fit in 30 minutes exercise at Curves after work regularly.

Since April I have lost 2 stone and have dropped 2 dress sizes. My friends, family and colleagues have been very complimentary and I feel great! My body shape has greatly improved and I am not as tired and feel much healthier due to my change in lifestyle and diet. Being a busy stressed teacher Curves is helping me relax and improve my work life balance. Thanks Curves you are all great!

MEMBER OFFER:

Have a £10 Waitrose gift voucher on us!

Throughout November and December for every friend you recommend who joins Curves we will give you a £10 Waitrose gift voucher as a thank you. It's that simple!

To be eligible to receive your voucher please collect a guest pass from a circuit coach to give to your friend. Tell her to give us a call to make an appointment for a fitness assessment or better yet save your friend the hassle by passing along her telephone number to us and we will call her to book the appointment.

Your friend must bring the guest pass with her for her initial fitness assessment for you to receive your voucher.

Milestone Workout T-Shirts

Are you nearing a workout milestone? Say 100, 200 workouts or maybe more?

We love to reward you with complimentary T-shirts to celebrate your achievements! If you would like to receive a complimentary T-Shirt please see a member of staff to order your size. T-Shirts take up to 6 weeks to arrive so please allow time for your T-shirt to arrive in time for your milestone workout!

Please notify a circuit coach when you are about to do your milestone workout on the actual day so we can have your t-shirt ready for when you complete your workout!

£ Earn Your Curves Cash £

You can earn £4 Curves Cash at Romsey by recommending friends, as well as £1 for taking part in quiz days, dress-up days, writing testimonials for our newsletters and website as well as getting your name on the monthly weigh and measure leader board!

Then you can start shopping! Choose from a whole array of official Curves merchandise from key rings and T-shirts to books, workout towels, socks, water bottles and bags as displayed next to the cubbies!

Breast Cancer

Awareness Month

All of us at Curves would like to say a big thank you to all our members who donated money to Breast Cancer Care. Throughout October we managed to raise over £750!

Many congratulations go to all the ladies who won our fabulous prizes in the raffle.



Be green! To receive our newsletters via e-mail please e-mail office@curvesromsey.co.uk to subscribe to our mailing list

Probiotics - What are they & why we need them

Your digestive system plays host to a total of 100 trillion bacteria. The small intestine has many billions of bacteria while the majority live in the large intestine. Some of these bacteria are termed 'unfriendly bacteria' as they can cause acute or chronic illness. Another group of friendly bacteria are called probiotics meaning 'Healthy to life'. It is the ratio between these 'good' and 'bad' bacteria which is a major factor in determining your optimum health.

Good bacteria are **essential** for:

Digestion of food and absorption of nutrients.

Development of a healthy immune system.

Protection from microorganisms that could cause disease.

The levels of healthy bacteria in your digestive tract are also emerging as a factor in weight management.

Antibiotics are the main culprit for decreasing levels of good bacteria as they not only target bacteria causing infection but also the healthy levels in your gut, thus allowing the unfriendly bacteria to become the dominant strains. Other factors which are recognised at decreasing good bacteria are HRT, contraceptive pill, steroid medications, stress and alcohol. A diet high in sugar and refined carbohydrates serves to increase yeasts which form part of the 'unfriendly' bacteria.

If you regularly suffer bloating, gas, constipation, diarrhoea or IBS then you may well have low levels of friendly bacteria – a situation known as 'dysbiosis'. By increasing levels of good bacteria these conditions can be reversed.

Beware however, the marketing hype surrounding probiotic yoghurts and breakfast drinks. They contain added sugars which feed the unfriendly strain, furthermore increasing their dominance. **Plain** bio yoghurt is equally effective. If you want to ensure you have healthy levels of gut bacteria supplement daily with a probiotic that guarantees delivery of its contents to the small and large intestine. Bio Care's Bio Acidophilus is recommended particularly if you have recently undertaken a course of antibiotics, have had a tummy upset/food poisoning or are planning a trip abroad. (See Debbie for more details) A diet that includes cultured foods such as sauerkraut, cottage cheese and yoghurt and plenty of fresh vegetables will also help to naturally increase your levels of good bacteria.

Debbie Hingley Dip ION



Recipe: Beany Vegetable Soup

Ingredients: Serves 6 (double the quantities and freeze in individual portions to plan for the week ahead!)

1 lb mixed root vegetables such as carrot, swede and parsnip, peeled and chopped into bite-sized chunks
3 sticks celery, finely chopped
3 leeks, sliced
2 onions, chopped
2 x 14oz cans mixed pulses (or your choice of beans, such as kidney, chickpea, borlotti, butter or flageolet)
½ pt (850ml) vegetable stock
Fresh flat-leaf parsley, roughly chopped
Solo sea salt and black pepper

1. Put the onion, celery, leeks, root vegetables, stock and seasoning in a large pan and stir.
2. Cover and bring to the boil, then reduce heat and let soup simmer for 20 minutes.
3. Stir in the mixed pulses, then cover and simmer for 5-10 minutes until the vegetables and beans are both tender.
4. Add the parsley, the check the seasoning before serving.

Great as a snack option if you are following the Curves Weight Management Plan

For extra protein stir in a couple of scoops of Lamberts pea protein powder to individual portion and extra water as needed

© Patrick Holford (2005) "The Holford Diet" Free from wheat, gluten, dairy, soya and yeast