

Curves Mail



September/October 2009

Member in Focus

Jacky Jordan

I started Curves in April having tried it in Florida and enjoyed it. Having seen there was a Curves in Romsey I decided to join. I set myself a goal for September as I am going to my niece's wedding. I wanted to lose at least 1 and a half stone and many inches. I started going 3 times a week and found I was not losing weight and inches as quickly as I thought, so I spoke to Debbie and gave her a plan of what I usually eat for the week. She said I wasn't eating enough. I told her that I always felt bloated and couldn't seem to lose weight so she asked me if I had any wheat tolerances which I didn't know if I had so she suggested I gave up wheat. I did that and I'm glad to say up to now I have lost 14 inches and 19 pounds. I don't feel bloated anymore and I eat healthily without wheat in my diet where you can get many products from supermarkets which are gluten free and I feel much better for it. I enjoy going to Curves where I try to go at least 4 times a week. The girls are very helpful and always smiling. I need to lose another 9 pounds and that will be 2 stone I would have lost from starting in April to October which was my target set. I would like to mention that I have had pains in my knees for a long time now and having lost weight I have no pain in my knees anymore.

Curves NEW WEIGHT MANAGEMENT PLAN

We are very excited to inform you that from September onwards we are running the Curves New Weight Management Plan! In order to follow the plan you will need to attend a "Start-Up" Class and then a "Phase 3" Class 4 weeks later (both held at 7.30pm on either a Tues or Wed). The great news is that the classes are FREE to all members and non-members!

During the 2 classes you will be shown how to follow a specific eating plan split up over 3 phases, with helpful meal plans to help achieve effective and sustained weight loss. This plan will also show you how to boost your metabolism in order to maintain your ideal weight once you have lost the desired amount while continuing to eat healthily.

All spaces are currently filled for September but keep an eye out for posters in the club as new classes will run every 4 weeks.

There are only 25 spaces available every month so please sign-up at reception to register for your Start-Up Class or to put your name on the waiting list for the next available class and we will contact you when a space becomes available.

Please also see a member of staff for more information about the weight management guide which is required to follow the plan.

If you register for a class but cannot make it please let us know as we have many ladies waiting who want to attend the classes as soon as possible.

Do you like to work out on consecutive days?

Please give your muscles at least 24 hours to recover by moving the machines more slowly while still receiving the benefits of cardiovascular work on the recovery boards on alternate workout days.

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 also alert 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!

Visit Us Online!

As some of you may already know Curves Romsey is now on the web! Please visit our website at www.curvesromsey.co.uk. As the website takes shape over the next few months we will be updating the website with photos and member testimonials. If you would like to put forward your stories along with photos you can hand them to a circuit coach or e-mail them to the club at office@curvesromsey.co.uk. You can also view or download previous newsletters from our archive to catch up on any Curves news you may have missed so be sure to have a look!



Food Sensitivities

Are you tired of not reaching your weight loss goals? Have you reached a plateau? Do you suffer from bloating, intestinal gas, indigestion, IBS, constipation, diarrhoea? It is worth considering a trial food elimination to see whether you have a food sensitivity.

Erica White Dip ION, Nutritionist and author of many books on Candida advises-

“One factor is commonly over-looked, and that is the question of food allergy or sensitivity. Finding and avoiding a culprit food will often lead to a very encouraging weight-loss. When your immune system has difficulty tolerating a specific food which you continue to eat because you don't realise that it's causing problems, your body retains fluid in order to dilute the offending food and reduce its adverse effects. The more this food is eaten, the more fluid will be retained – causing an accompanying increase in weight. If the culprit food can be detected and then avoided, this unwanted fluid can be readily eliminated – causing an accompanying loss of weight. Fluid can be eliminated much faster than fat can be burned, so in these circumstances weight-loss can often be surprisingly speedy. It is important that all the unhealthy fluid should be off-loaded, and then the weight-loss will stop. Where necessary, the lost weight will eventually be replaced with healthy body tissue once the body is functioning more healthily.

It is worth considering any type of food as a possible culprit, especially those which you would find most difficult to give up, because we tend to become addicted to the very foods which our immune systems find most difficult to tolerate! In addition, among the most common food allergens are **dairy produce and wheat/gluten**.

Once your weight has reached its ideal level, continuing to eat a healthy diet will encourage your metabolism to continue working efficiently, as will taking regular exercise to raise your pulse rate for at least thirty minutes, three times every week. But – you are now pointed in the right direction, and there is every reason to hope that you will soon be encouraged by losing some unwanted weight!” Several of our members have already embarked on a wheat or gluten free diet with remarkable results, including 3 members who are on our top 10 super shrinkers leader board!

There are many healthy alternatives to dairy and wheat. Most supermarkets have a ‘free from’ section stocking gluten free pastas and cereals. Peppercorns Health Food Store in Romsey has a large range of gluten free grains to experiment with and also many ‘milk’ alternatives.

Debbie Hingley Dip ION



Recipe: Smoked Salmon and Asparagus Omelette

Ingredients (serves 2):

6 spears asparagus
4 eggs
Sea salt and black pepper
2 tsp olive oil
2oz (57g) smoked salmon slices
2 slices lemon
2 sprigs flat-leaf parsley

1. Steam the asparagus until just cooked, then refresh by plunging them into cold water, then drain and set aside.
2. Beat the eggs with the seasoning.
3. Heat a medium-sized frying pan and add the oil, allowing it to heat up and coat the whole pan. Pour the egg into the pan and gently move around using a wooden spoon, allowing all of the egg to be exposed to the heat until the underside cooks through and colours slightly. Reduce the heat, loosen the base with a spatula and flip over to cook the other side for a minute or so until just firm, then cut in half and tip each half onto a separate plate.
4. Lay the salmon on one half of each slice and place 3 asparagus spears on top, then fold the other half over to create a triangle. Top with a slice of lemon and sprig of flat-leaf parsley and serve immediately.

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