

Please pass on newsletter to friends & family who may be interested in Curves.

Curves

Gosport Newsletter

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Wow, nearly the end of another year! We look forward to 2009 and helping you achieve your fitness and weight-loss goals and a healthier life-style.

We believe 2009 is going to be exciting with the investment we have made in Curves Smart.



Thank you for joining us and especially your great response and generosity with donating to the charity events we have held. A big thank you to all our staff who have worked so hard this year.

In this December issue we want to focus and promote the **Curves Six Week Solution (Weight Management Program)** because it is such a brilliant tool.

Paul & Fran Noble wish you a very happy Christmas and a healthy New Year.

The Curves Six Week Solution

So what is it?

It is Six weeks of small, intimate classes where you'll learn how to lose weight and keep it *off for good*. The power lasts forever. Demand is high. If you would like to find out more fill in the slip overleaf and hand it to a member of staff.



What our members say about it.



I started Curves Weight Management plan in September, as I was feeling fat and frumpy, tired & lacking energy. I had tried many diets, and lost weight but have never been able to keep it off. With the Curves diet, the support and encouragement I received from the lovely ladies at

Curves, I have almost reached my goal weight and lost inches due to regular exercise. It worked for me and I found it easy to manage around my busy lifestyle. I now feel great, look great and have more energy.

Brenda Younger.

The Weight Management Programme—what can I say? First you look at all the food you have to eat and think NO! . You find the food you like, learn to swop things around and then you notice the weight your losing and “the inches” and realise its worth it. So all that’s left to say is. “Thank you and I will keep up the hard work”.

Lorraine Weston

At last a food plan that makes sense. I feel really good after losing so much weight and loads of inches. The effort was worth it. A big thank you to everyone at Curves for all the help you have given during the 6 week course and after.

Sue Hillary



Why is the Six Week Solution different from other diets?

Many women have a list of diets they've tried over the years and the one thing all these diets have in common is that they often FAIL! Why? They leave you hungry and deprived and they slow your metabolism setting you up for a never-ending cycle of yo-yo dieting. The Six week solution changes all that.

Curves—the Power to Amaze Yourself

What's so special about the Six Week Solution?

It Revs Your Metabolism



This is perhaps the most significant aspect of the Curves Weight Loss Plan, and it's what allows you ultimately to be delivered from dieting for good. With a higher metabolism, you burn more calories all day long—even when you're sitting on the couch. The Curves plan raise your metabolism through eating—yes eating—and strength training, which builds calorie-burning muscle

It Allows You To Eat!



On the Curves plan you EAT ALL DAY LONG: five small meals rather than three large ones. This prevents you from feeling hungry even during the low-calorie phase of the plan, which lasts only one week, and it keeps your metabolism revved. Once you reach a plateau in your weight loss efforts, you eat more, not less, to kick your metabolism into a higher gear.

It Offers a wide variety of food



Curves has 2 diet solutions; one is higher in protein and one is higher in carbohydrates. The protein intake ranges from 30% to 45% depending on the solution that is right for you. The plan recommends limiting your intake of refined carbohydrates and sweets, but NO FOODS ARE OFF-LIMIT!

It's a Diet You can Stick With



By now, you've probably already figured this one out. The Curves meal plan satisfies your hunger, your taste buds, and even the occasional less-than-healthy craving, making it easier to stay on track

It Provides Permanent Results Without Permanent Dieting



The real magic of this program lies in the fact that it helps keep metabolism high as it helps you drop pounds. You often reach your goal weight with a higher metabolism than you had when you began. And if your metabolism does diminish from significant weight loss, Curves has a method to raise it without regaining weight. The Pay Off? DIETING ENDS—FOR GOOD. You'll be able to eat as much as

2000 to 2500 calories a day without regaining weight.

It's Healthy



Diets that deprive you of certain foods also deprive you of the nutrients contained in those foods. Because the Curves plan not only allows, but encourages you to eat a wide variety of foods from all the food groups, your diet will be rich in the nutrients your body needs.

Last but not least—IT WORKS!



Does it all just sound too good to be true? Under direction of Richard B. Kreider, PhD, FACSM, scientists at Texas A&M University have put Curves fitness and weight-loss program to rigorous testing, scrutinizing its effects on hundreds of women just like you. The results? Curves works. Women on the Curves plan have lost weight, boosted their metabolism, lost body fat, gained muscle, and enjoyed other healthy benefits



Yes, I am interested to find out more about the Six Week Solution.

Name:



Telephone:.....

This voucher entitles To:

**Free Trial Session
Plus
SPECIAL FIRST VISIT DISCOUNT**

Referred by:

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