



MEMBER RANKING



This year we introduced a system to rank all members and thereby were able to reward those who qualified by attending Curves 12 times a month and remembered to weigh and measure every month. Recognition was also given to those who were able to exercise more than 20 times in a month, brought a friend to join Curves, lost weight, made use of the Smart technology as well as those who have been members of Curves for more than

1 year. A number of members have been able to qualify every month for more than 6 months in a row and will therefore finish the year off with a chance to advance to Gold membership this month. Anybody who reached Silver Status received a Curves pedometer and Gold Status members will receive a beautiful limited edition scarf. The following members stand a chance to advance to Gold Status this year.

BRACKENFELL

End November:
Bianca Marias, Christina van Schalkwyk, Wiana Marais, Karen Laing, Jacqueline Holtzhausen and Dalene Brink

End December:
Lelani Laingand Jutta Louw

COBBLE WALK

End November:
Susan Albertyn, Annatjie Esterhuizen, Judy Morris and Lisa Pritchard

End December:
Zurea Schloms and Susan Raad



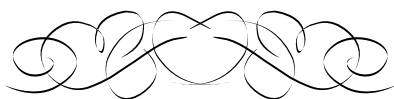
EDGEMEAD

End November:
Glenys Birbeck, Meg Foat, Anne Marie van den Berg, Anje Bothma, Myra Larkin, Valda Neethling, Betty de Goveia, Elma de Jager, Carol Inglis, Joanne Veldtman, Gail Imrie, Melanie Telleman, Marie Killian, Sumayya Khan

End December:
Julie Scott and Beryl Calmeyer

From January 2012, all the Curves Clubs in the Western Cape will be adopting the ranking system which means that we will start from the beginning again, giving everybody an equal chance to qualify for some new gifts. These will be awarded again each time a member

advances from Purple to Silver, Gold or even Platinum. There will also be special lucky draw prizes so lets start the New Year off with a determination to do at least 12 workouts and weigh and measure every month! It could be worth you while!



We would like to wish all our members a very Happy Holiday Season. If you are going away please take care and come home safely.



May you all find a surprise or two in your Christmas Stocking!!

FITNESS CHALLENGE

During the last 3 months we have been testing you ability to do push-ups, press-ups, and squats and this month it is flexibility stretching. We have also been encouraging you to join us on a walk once a week. If you are going away this month and will not be able to come into Curves, practice these 5 tasks - they will keep you in shape and you will be ready for the fitness challenge which we will be issuing early next year.

SEE PAGE 3 FOR DETAILS OF THE YEAR END AMBLE AT WILLOW BRIDGE ON 10 DECEMBER

Nutritional Nit Bits

Where has the year gone ?

The shops are full of lovely Christmas goodies – and lots and lots of tempting eats.

Try not to be ‘persuaded’ to try these out before the time – Christmas is only one day of the year.

You have worked hard all year to maintain your exercise routine, and concentrated on your eating programme – you have managed to successfully attend gym, despite this being an exceptional tough year for most – don’t let the ‘marketing themes’ destroy your good work.

When tempted, ask yourself this question - Do I really **need** to indulge in those high calorie snacks and destroy all my hard work - Sometimes you will answer YES, then try to minimise the damage by having a small portion and best of all – enjoy the spoils, and don’t carry any guilt.

Please continue exercising as this helps you to handle stress better, sleep better and keep the weight off.

Remember to drink your water.

Enjoy this holiday season, and best wishes to each and every one of you.



Even Santa’s reindeers are techno-minded!



Wedding Bells

Imogen , our coach at Edgemoor, has succumbed to the pressure from Boeta, and they will exchange wedding rings on

Friday 23rd December at 9.00.

We wish Imogen and Boeta all the very best on this their wedding day, and may you have a long and loving life together.

Core Strength to prevent back pain

One in every five people experience back pain at some point in their lives, so learning to protect your back is important!

There are two different types of back pain – acute and chronic. Acute back pain is defined as lasting less than six weeks, and back pain that lasts longer than three months is considered chronic. Acute pain is much more common than chronic back pain, and the body can usually heal itself from the injuries that cause acute back pain without much medical intervention.

However, visiting a doctor is always recommended if you experience numbness or tingling, severe pain that does not decrease with medications and rest, or if you have fallen or experienced other injuries.

People tend to stop all physical activity with the onset of back pain. This is okay for the first few days, but remaining inactive for longer than two days can actually be more harmful to the healing process than helpful. The back will actually become more stiff and weak if the tendons, ligaments, and muscles are not stimulated. Movement actually promotes healing!

Chronic back pain usually can be effectively managed and alleviated without surgery; however, surgery is sometimes required to treat the cause of this type of pain such as a herniated disk or vertebral fractures that affect the surrounding nerves.

Prevention

One of the best things you can do to prevent back pain is to exercise regularly, paying attention to the muscles of your back, hips, abdominal region, and sides. These muscles make up your “core”, and keeping them strong, while maintaining a healthy weight, is the best preventative medicine known.

Maintaining a healthy weight is very important because excess weight puts unnecessary stress on the back and is a common cause of back pain. Exercise such as walking, swimming, biking and working out at Curves can be very low-impact forms of exercise that help you maintain a healthy weight without aggravating your back.

Core exercises that strengthen your abdominal and back muscles are extremely important in treating chronic back pain and preventing future occurrences of back pain. It is really important to maintain and build muscle strength in order to prevent back injuries.

Flexibility is also important in preventing back pain. If your hamstrings or your hip flexors become tight, they will change the tilt of your pelvis and place stress on the lower back. Stretching both your hamstrings and hip flexors consistently will ensure that your pelvis is in a correct position and will prevent back pain.



DON'T STOP EXERCISING WHILE ON HOLIDAY!



Don't lose sight of your fitness goals which you have worked so hard to maintain. We all tend to eat a little differently; often a little more than we should. Challenge yourself to at least maintain your weight over the Christmas period if not lose a little. Here are other ways to keep in shape and feel great during the holidays.

1. Take a walk.

An after-dinner stroll can be the perfect time to escape family tension, find a few minutes alone with your spouse or get your kids out of the house for quality time enjoying the crisp outdoors.

2. Exercise in the Morning.

Do some stretches and exercises before you leave your room in the morning. Going through your cool down stretches will help

to wake you up and get your body energized for the day ahead.

3. No Parking? No Problem!

Take the parking place furthest away from the shopping centre and use this as an opportunity to burn a few extra calories here and there. Be an overachiever! Take the stairs to the second level of the shopping centre instead of packing in the lift or on the escalator with everyone else.

4. Walk or cycle to Your Destination.

If your shopping list is small, consider making a trip on foot. You can also park a few blocks away from the store and walk from your car. This will also help you avoid the crowded parking lot.

5. Take Advantage of Layovers.

The holiday season usually means traveling for most people. Airports are fabulous

places to get in a little exercise between flights. Carry your bags with you and explore the airport from one end to the other instead of leaving them at the gate with less-inspired traveling companions.

6. Enjoy Music.

Whether it is your favorite Christmas carols CD or the only station you can get on the radio, turn it up and dance around. It'll make those extra chores speed by and entertain those watching. You may even inspire them to get up off the couch and join you!



A Walk in the Park

Saturday 10 December

All Curves members and friends from Cobble Walk, Brackenfell and Edgemoor are invited to join the staff on an amble around the Tyger Valley dam on Saturday, 10 December. We will be meeting at 7.30am in the car park outside Spectacle Warehouse at Willowbridge. The distance is either 3km or 5km and there are plenty of great coffee shops and the Slow Market to visit after the walk. NB - this is not a race, it is a chance to chat to others and enjoy the birds and the company.

Please put your name down in the clubs if you would like to join us.

Flexibility Test

Modified Sit And Reach Test

The sit and reach test is the most common flexibility test. It measures the flexibility of the **lower back** and **hamstrings**. It requires a long tape measure:

1. Secure the tape measure on the floor with "O" against the wall.
2. Sit on the floor with your back and head against a wall. Legs should be out straight ahead and knees flat against the floor, the tape measure directly underneath the legs.
3. Place the feet about 30 cm apart.
4. Lean forward slowly as far as possible keeping the fingertips level with each other and the legs flat. Your head and shoulders can come away from the wall now. Do **NOT** jerk or bounce to reach further.
5. Slowly reach along the length of the ruler 3 times. On the third attempt reach as far as possible and hold for 2 seconds. Have your training partner read the score. Repeat twice and record your best score.

Tests for trunk and hip flexibility available in clubs





The final figures are in for our Breast Health Awareness Campaign. Our thanks once again to everyone who contributed in any way.

As has been seen by the stats that were put up in the respective gyms so much has already been achieved and the good work continues.....

Cobble Walk.....R21 335.00

Brackenfell.....R15 836.00

Edgemoor.....R14 205.00



Well done Ladies! Give yourselves a pat on the back.



it's Holiday Time!!!!

Due to the fact that so many members will be away during December, we will be shortening the hours at the clubs.

We are also going to have some fun sessions which the coaches will be leading and also new times for Zumba.

We will send all these times and hours to you in a separate email so that you can print them out and carry them in your purse.

We don't want to discourage anybody from exercising but we would like to make sure that it is fun for the Festive Season.

“You start out motivated but the voice of failure whispers to you. Here's how to listen for success.”

Years ago an experiment was conducted in several grade schools. Half of the teachers were told their students were overachievers with supportive families. The others were told they had all underachievers with apathetic families. In reality, both groups were equal, the only difference was the expectation of the teachers.

The test scores for the "underachievers" dropped 25 points. The "overachievers" increased 50 points. Known as the Pygmalion Effect, the experiment showed how critical your view of something is and how you'll react accordingly. How does the Pygmalion Effect show up in your life? It boils down to a form of self-fulfilling prophecy. Label yourself a winner and you're far more likely to succeed. Tune into only positive messages about yourself and your efforts (especially the ones in your own head) and see how your life is positively affected.

Twenty years from now
 You will be more disappointed by
 The things that you didn't do
 Than by the ones you did do.
 So throw off the bowlines.
 Sail away from the safe harbour.
 Catch the trade winds in you sails.
 Explore. Dream. Discover.
 - Mark Twain-



If you have entered the fitflop competition remember that you need to have done 24 workouts and been weighed and measured twice between 10th Oct and 17th Dec. One pair of fitflops per gym to be won!!