

HAPPY NEW YEAR!!!!



As sung by Mike and the Mechanics..... Looking back over my shoulder..... 2011 is past and as I ponder on all the good that went on at Curves Edgemoor I just smile. What a great year it was.

Let's spend a few minutes going back over the year at some outstanding achievements.

Zumba – What a hit. Georgia and Lerique brought a new meaning to Curves Circuit with Zumba. Many of you were hesitant, but you have all showed us coaches what excellent sports and dancers you are. A 'Special' group has formed in the mornings – doing their own class - Keep it up in 2012, and those still contemplating the 'move' join us for a class.

The Food drive was again a great success – helping those less fortunate than ourselves – even when the year got tough, you all gave so generously. Thank you

Breast Health Awareness – We held various events to raise funds for the Breast Health Foundation, thus assisting with ongoing treatment of those in rural areas.

The Zumba Demo was a blast, however the “Girls Nite In” remains the highlight of events.

Attendance - Glenys Birbeck was unbeatable the entire year as best attendee – An achievement record in my time at Curves. Congratulations and please continue to strengthen yourself and those around you.

Meg Foat and Anne Marie lead the most work-outs with 980 and 977 respectively.

Weight Loss - Stianie Hanekom kept the first step on the Losers League for 4 months – an excellent achievement. You inspired many members to remain focused on their health. So many of you have lost weight and improved your health – well done.

As coaches, thank you to each and every member who has inspired us, your determination - never say die attitude and friendliness made 2011 a year to remember. Let us take 2012 a step higher.....

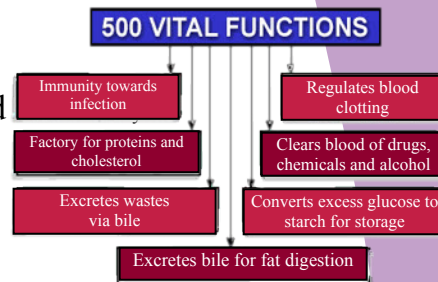
.....Thanks for the memories.....

Are you feeling bloated, lethargic and tired after Christmas? It's time to DETOX

Put simply, an occasional detox works because it gives your body a break. By channeling the body's energies away from dealing with meals and snacks that are difficult to digest and metabolise, and which play havoc with blood sugar you can free up energy for regeneration and cleansing.

We all have an inbuilt detox system. Cleansing organs include the digestive tract (which definitely needs a break after Christmas), the urinary system, the skin (both of which appreciate water instead of alcohol), and the liver. You probably rarely think about your liver, and it rarely complains, unlike an aching muscle, fluttering heart or a groaning gut but it is busy producing heat, balancing cholesterol, processing proteins, making bile (which helps fat digestion), activating hormones and storing vitamins. It is also responsible for detoxifying most of the chemicals we come into contact with, such as natural food toxins, alcohol, cigarette smoke, and household chemicals.

The liver can more or less function even with quite a lot of damage, but when working overtime it just doesn't do all its various jobs quite as well. Symptoms of poor function include: tiredness, dark circles under eyes, poor digestion and dull skin.



See page 3 for recommended foods.

"An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year

T.G.I.B.T.S.T. = thank goodness it's back to school time and by extension it is back to GYM time!!!! Now's the time to pack in the gym clothes and get back into routine. What do you have to gain?..... A healthier, stronger you.



Shoot for the Moon in 2012

You only live once; but if you live it right, once is enough

December is by tradition "holiday time" and often time for a road trip. You plan the destination, the mode of travel and what has to be done before it can take place (pets in kennels, pay accounts, book accommodation, service the car etc). One would never just jump in the car and take off without having some idea of how to get there – a map or a GPS. Something written or printed which you can refer to at any intersection.

What is the difference between a dream and a goal? Once again – something written, which you can refer back to at any intersection or distraction.

Make sure that the goal you set for yourself for 2012 is something you really want to achieve. There are 6 important aspects in life which need to have direction:

- 1 Family and Home
- 2 Financial and Career
- 3 Spiritual and Ethical
- 4 Physical and Health
- 5 Social and Cultural
- 6 Mental and Education

Setting goals in each area of life will ensure a more balanced life. Write your goals down. Don't be discouraged by negative people around you. It's important that the "little voice" in your head is always positive. Visualize your goals every morning and again every evening.

Every time you make a decision during the day, ask yourself this question, "Does it take me closer to, or further from my goal." If the answer is "closer to," then you've made the right decision. If the answer is "further from," well, you know what to do.

If you follow this process every day you will be on your way to achieving unlimited success in every aspect of your life.

At Curves we would like to help you set your Physical and Health Goals for 2012.

Physical – choose a number of workouts per month, a date to achieve your 500th workout, an event such as a 5, 10 or 21km walk / run.

Jan can help you with training programs – email her your event goal at jan.curves@axxess.co.za and start this month to work towards it.

Health – reach a certain weight, reduce your medication or improve a health condition such as high blood pressure, get into a specific dress size or get the body fat reading to be better than normal. Speak to any of the staff to help you set a realistic timeframe and target.

This year can be your best year ever! Shoot for the moon, if you miss, you'll still be in the stars.
(Refer to article on page 3 on how to set a SMART goal)



I don't know if this really simplifies my life, but it feels like it does. When it came to housework, I always started with the easier tasks first (like dusting and picking up). Then, I'd move up to slightly more difficult jobs like changing the sheets and sorting laundry. I'd move along, saving the big jobs like scrubbing bathrooms and cleaning the kitchen last. I'd get to dreading what was coming next and if I could find an excuse, I'd end up not completing the weekly tasks, which by not getting the major jobs done, made the house seem dirty and it would bother me the rest of the week. My mom gave me a great tip. She makes herself tackle the biggest jobs first - the ones you'd be mortified about if someone dropped by. Now, I do just that and it's all downhill after those are accomplished, plus if lesser jobs don't get done, they can be more easily handled during the week - and company won't be appalled if they need to use the bathroom!

simplify
YOUR LIFE

Motivational Minute



"You say you want to change your life. Here's how to put words into action."

Corey Booker, former mayor of Newark, NJ once said, "How you live speaks so loudly I can't hear what you say." How are you living?

Is your voice reflected in your actions? It's easy to talk about things we want to change, but when our actions actually show that we mean what we say, that's when real change takes place.

Maybe it's time to stop thinking, talking, and planning. Take the first step in doing. Accept circumstances as they are or take steps to change them.

Education is not preparation for life; education is life itself.



Foods to include in the 3 - 5 day DETOX plan:

* **Fruit** – your plan can include ANY fruit including fresh, frozen, dried or canned in natural fruit juice.

* **Fruit juice** – either make home-made fruit juices or smoothies from fresh fruit or drink ready-made juices labeled as being ‘pure’ or ‘unsweetened’.

* **Vegetables** – eat any vegetables including fresh, frozen or canned in water (without salt added)

* **Beans and lentils** – eat any beans, including those that have been dried or canned in water

* **Oats** – sprinkle oats over fresh fruit or use to make porridge, sweetened with honey and fresh fruit

* **Potatoes** – all types

* **Brown rice and rice noodles**

* **Rye crackers, rice cakes and corn thins**

* **Fresh fish** – eat any fresh or canned

* **Unsalted nuts** and seeds

* **Plain popcorn** – without sugar or salt

* **Live natural yoghurt**

* **Extra virgin olive oil and balsamic vinegar**

* **Garlic, ginger, fresh herbs and ground black pepper**

* **Honey**

* **Water** – at least 2 litres a day.

Tap or mineral water is fine.

* **Herbal, Rooibos and fruit teas**



Foods to avoid during your DETOX:

* Any food that contains wheat including bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or breadcrumb foods, etc

* Crisps and savoury snacks including salted nuts

* Chocolate, sweets, jam and sugar

* Processed foods, ready meals, ready-made sauces and takeaways

* Alcohol

* Coffee and tea

* Sauces, pickles, shop bought salad dressing, mayonnaise

* Salt

* Fizzy drinks and squashes, including diet versions



Create S.M.A.R.T. Goals



In the new year we want to focus on **Goal Setting.**

Jot down the goals you want to reach making sure that they meet the criteria for a SMART goal.

Specific

Goals should be straightforward and emphasize what you want to happen. Specifics help us to focus our efforts and clearly define what we are going to do. Specific is the What, Why, and How of the SMART model.

- WHAT are you going to do?
- WHY is this important to do at this time?
- HOW are you going to do it?

Ensure the goals you set is very specific, clear and easy. Instead of setting a goal to lose weight or be healthier, set a specific goal to lose 2cm off your waistline or to walk 5 kilometres at an aerobically challenging pace.

Measurable

If you can't measure it, you can't manage it.

Choose a goal with measurable progress, so you can see the change occur. Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the

exhilaration of achievement that spurs you on to continued effort required to reach your goals.

Attainable

When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop that attitudes, abilities, skills, and financial capacity to reach them. A goal needs to stretch you slightly so you feel you can do it and it will need a real commitment from you. For instance, if you aim to lose 8 kgs in one week, we all know that isn't achievable. But setting a goal to lose 1kg and when you've achieved that, aiming to lose a further 1 kg, will keep it achievable for you.

The feeling of success which this brings helps you to remain motivated.

Realistic

This is not a synonym for "easy." **Realistic, in this case, means "do-able."**

Devise a plan or a way of getting there which makes the goal realistic. The goal needs to be realistic for you and where you are at the

moment. A goal of never again eating sweets, cakes, crisps and chocolate may not be realistic for someone who really enjoys these foods.

For instance, it may be more realistic to set a goal of eating a piece of fruit each day instead of one sweet item. You can then choose to work towards reducing the amount of sweet products gradually as and when this feels realistic for you.

Be sure to set goals that you can attain with some effort! Too difficult and you set the stage for failure, but too low sends the message that you aren't very capable. **Set the bar high enough for a satisfying achievement!**

Timely

Set a timeframe for the goal: for next week, in three months. Putting an end point on your goal gives you a clear target to work towards.

If you don't set a time, the commitment is too vague. It tends not to happen because you feel you can start at any time. Without a time limit, there's no urgency to start taking action now.

Time must be measurable, attainable and realistic.

Why Zumba?



Zumba® in the Circuit –

Maximize your workout while still having a total blast. Zumba in the Circuit is 30 minutes of high-octane, Latin-inspired dance-fitness moves combined with circuit training, a series of strength exercises at timed intervals. Get the metabolism-boosting, strength-building benefits of circuit training while perfecting Zumba moves—all in the same class! No matter if you want to improve your cardiovascular system, lose weight, improve your coordination, or boost your mood, Zumba dancing may be just what the doctor ordered!

Improved Cardiovascular Health

One of the best fitness benefits associated with Zumba dancing is an improvement in your cardiovascular health. Your cardiovascular system is composed of your heart, as well as the veins and arteries that deliver blood to and from the heart. When this system is weak, you may experience symptoms such as weakness, shortness of breath, fatigue, and an inability to perform the daily activities of life. For best results, try to get at least 30 minutes cardio exercise five days a week.

Weight Loss

Another great fitness benefit associated with Zumba dancing is weight loss. For best results, try to track how many calories you burn during the workout, and use this to maximize your weight loss. For example, in one kilogram of fat there are 9000 calories. Therefore, if you want to lose 500g of weight per week, you must cut 650 calories from your diet per day. For the average person, engaging in Zumba on circuit for 30 min will burn approximately 500 calories. Therefore, in order to reach your goal, you must cut only an additional 150 calories from your diet.

Improved Coordination

Zumba dancing is also a great way to improve your coordination. Having a good sense of coordination is very important, especially as you age. Falls among the elderly are one of the leading causes of death.

Therefore, if you can improve (and maintain) your coordination as you age, you will be less likely to fall victim to these types of accidents.

Improved Mood

Finally, research has found that all types of exercise produce endorphins, which are a type of "feel-good" hormone that are released into the blood stream after you finish exercising. People who suffer from bouts of depression are often encouraged to participate in physical activity in order to benefit from these hormones. Studies have discovered that for the highest amount of endorphin release, you must participate in cardiovascular exercise, such as dancing.

During a Curves Zumba class, you engage a ton of muscles, often (blissfully) unaware that you're incorporating traditional fitness moves like squats and lunges into your choreography. It tightens and tones your body from head to toe. You'll be sore in places you didn't even know existed.

Workouts that feel like work are hard to get excited about. But Zumba is so enjoyable you actually want to keep coming back. It completely changes the idea of exercise because it's something you really look forward to. Class-goers swear you won't even notice 30 minutes has gone by. How many weight lifters can say that?

"I call it free therapy!" says one member.

"When my father was diagnosed with cancer, coming to class was a great way to get my mind off some of my worries." Zumba puts participants into an endorphin-release zone. "It really does improve your mood! The music is so infectious and it's just so much fun."

Regularly attending Zumba classes is a great way to meet people. You see them every week and it starts to feel like you're just going out dancing with your friends.

Congratulations to all of you who achieved GOLD STATUS in 2011 as well as everybody else who got their name on the ranking at least once during the year. We start from the beginning again this January so everybody stands a chance to earn new rewards. All you have to do is exercise 12 times a month and weigh and measure once a month. In 2011 some members received Curves pedometers and special edition Curves scarves. This year there will be new rewards as all the clubs in the Western Cape will be applying the same ranking system. To help you get started and commit to these 2 criteria, sign the pledge in the club and let's get stronger together.



Please don't forget to visit us on facebook and "like" the site. This is your forum so if you have stories to tell or advice to give, please feel free to do so.

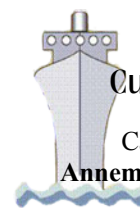
<http://www.facebook.com/Curvededgemed>



MyCurves.com

This is a site for all Curves Members which has numerous categories meant to provide the sort of information and tools that a Curves member needs. So login today and find out more.

The Access code for Edgemed is
TZBZ6Z



Curves Cruise Winners

Category 1: New Members
Annemarie Knoetse Curves Paarl

Category 2: Booked and Paid up
Neelkanth Naradh Curves Durban North

Category 3: Members achieving their goals
Louise de Beer Curves Secunda

Category 4: Winners of Treasure Hunt
Kensani Mathebula Curves Brackenhurst



Examples of:

Detox Plan Breakfasts

* **Banana porridge**

Porridge made with water and topped with natural yoghurt, banana, raisins and sweetened with honey.

* **Fruit salad with yoghurt and oats**

Fresh fruit salad with natural yoghurt and a sprinkling of oats.

* **Fresh fruit smoothie**

Fruit smoothie made from fresh fruit, natural yoghurt and honey to sweeten if needed.

* **Muesli and yoghurt**

Homemade muesli made from oats, seeds, nuts and dried fruit served with natural yoghurt.

* **Fresh fruit and yoghurt**

Fresh fruit and a pot of natural yoghurt sweetened with honey.

Detox Plan Lunches

* **Tuna and sweetcorn jacket potato and salad**

Jacket potato topped with tuna (canned in water) mixed with sweetcorn and natural yoghurt and served with salad.

* **Mediterranean salad with rice cakes**

Rice cakes served with rocket, avocado, tomatoes, fresh basil and black pepper. Plus a handful of unsalted nuts.

* **Guacamole with crudités**

Homemade guacamole made from avocado, lemon juice, fresh chilli, tomato and garlic served with vegetable crudités and corn thins

* **Tzatziki with crudités**

Homemade tzatziki made from natural yoghurt, garlic, cucumber and lemon juice served with vegetable crudités and oatcakes.

* **Avocado and prawn salad**

Fresh avocado served with prawns, salad, balsamic vinegar and lemon juice.

* **Jacket potato with grilled hake**

Grilled hake fillet served with jacket potatoes and lightly steamed vegetables.

Detox Plan Dinners

* **Chinese vegetable stir fry**

Stir fry a selection of vegetables such as spinach, spring onions, mushrooms, peppers, bamboo shoots and beansprouts in a little olive oil with garlic and ginger. Serve with brown rice.

* **Baked salmon with jacket potato**

Bake a salmon fillet and serve with a jacket potato and steamed vegetables.

* **Tuna and prawns with noodles**

Gently fry a selection of vegetables such as onions, mushrooms, peppers, courgette and leek in a little olive oil. When lightly browned, add a handful of prawns. Cook for a few minutes, then add canned tomatoes, tomato puree, black pepper and tuna canned in water. Bring to the boil and simmer until the sauce thickens. Serve with rice noodles.

* **Sweet and sour stir fry with rice**

Gently fry a selection of chopped vegetables such as onions, peppers, baby sweetcorn and mushrooms. Add canned pineapple (in fruit juice), canned tomatoes, tomato purée, white wine vinegar and honey. Bring to the boil and simmer until the sauce has thickened. Serve with brown rice.

* **Potato and bean casserole**

Gently fry a selection of typical casserole vegetables such as onion, carrots and parsnip in a little olive oil with garlic. When browned, add diced potato and fry for a few minutes. Add fresh vegetable stock, black pepper and your favourite beans. Bring to the boil and simmer until the casserole thickens.

Detox Plan Snacks

* Fresh fruit or fresh fruit salad

* Natural yoghurt mixed with honey

* Plain popcorn

* Handful of unsalted nuts or seeds