

*It's February and thoughts turn to matters of the heart .....*



## Treat yourself on Valentine's day

Healthy ways to satisfy your Sweet Tooth



You've made it through January and you're feeling pretty good about staying on track. But now, Valentine's Day is just around the corner and you can hear the chocolates calling your name. Everyone's been there: anything and everything sweet sounds delicious. Don't make yourself feel guilty and over-indulge (well, maybe occasionally, but not every time). Try some sweet but still healthy options!

### Fruit

Simply freezing fruits can make them more of a treat. Frozen grapes or bananas give the fruit a firm texture, and as they thaw, they simply melt in your mouth. Pairing fruits with lite frozen yoghurt allows one to feel as if you must be cheating – but you're not.

### Pudding

Sugar-free and fat-free puddings come in variety of flavours. There are the traditional chocolate and vanilla, as well as lots of other options, such as banana cream, cheesecake, and white chocolate. One package of instant sugar-free/fat-free pudding makes four servings,

and if made with skim milk is 70 to 80 calories, depending on the flavour. Plus, this sweet-tooth satisfier is a great source of calcium!

### Yoghurt

With more flavour options than ever, yoghurt doesn't have to be monotonous. Not that peach and blueberry aren't great, but there are dozens of other options these days. Light yoghurts have no fat and are lower in sugar than regular yoghurt. A serving is about 100 calories and is a good source of protein, calcium, and active cultures.

### Pop corn

If you're in the mood for something hot, crunchy, and a little sweet, then pop corn is a good choice. Most people don't realize that popcorn is actually a whole grain, and it's high in fiber, too! Try one of the convenient 100-calories packs for portion control. Be sure to read the label carefully for hidden fats. Best brand – Spar microwave

### Tea

Calorie-free with flavours ranging from soothing

chamomile to energizing mango berry or yummy caramel vanilla, there's a tea to soothe any sweet-tooth. Try making a pot of rooibos and after chilling in the fridge for a hour or two, add your favourite fruit juice.

### Hot chocolate

Another hot-beverage option is hot chocolate. Just because the word "chocolate" is in the name doesn't mean it has to be high in calories. Best brand with no added sugar is Sugarbird Hot Chocolate. This can be found in the supermarket in the section for diabetic foods. If minty chocolate is your thing, add a drop or two of mint extract to your mug of hot cocoa, only adding a few calories.

Hopefully some of these tricks will satisfy your sweet tooth while maintaining healthy, nutritious eating habits.



## Open Day on Wednesday 1st of February

Show someone that you care about them and invite them to come in and workout with you. Anyone who joins on that day will pay

**NO JOINING FEE.**



*Love Yourself, Believe in Yourself... Find the Spirit Within  
And Your Dreams Will Come True*

## Have you set your goals for 2012?

If you have, what are the chances that you will stick to them?

All too often good intentions and promises get broken. For instance..... "In the new year, I'll walk for an hour every day." or "I will attend Curves at least 3 times a week." For a month you do—until excuses take over and momentum dies.

Excuses contribute to broken resolutions. They are a self-made escape hatch. Instead of resolving to walk more or attend Curves more you need to resolve to stop making excuses. It's easier to stop a behaviour than to start one. Taking away a behaviour leaves space for a more positive one to take its place.

Feel the difference between, "This year, I'm going to quit smoking, drinking and overeating." AND

"I'm going to cut down on cigarettes or glasses of wine. I'll stop pretending those things are okay and focus on changing them. When I'm ready to stop, I will."

Starting to change feels open ended and maze-like. Stopping something feels more task-specific and less laden with effort of booby-trapped for failure. It's true that old habits die hard. But approached correctly, they can die. And new and constructive habits lie underneath.

## 8 GOLDEN RULES FOR BREAKING A BAD HABIT

1. Change can be daunting. It's important to create a safe environment for yourself.
2. Know that change is always a function of readiness.
3. Give yourself permission to fail. This makes you feel less trapped by your decision and eliminates the need for excuses.
4. Keep the changes you want to make secret. This will avoid pressure from people asking, "How's that change going?"
5. Giving up a behaviour brings you back to who you were before it began.
6. Keep an intention to change in the forefront of your brain.
7. Stay accountable by being honest every day. Tell yourself, "I intend to make the change but today wasn't the day. I'll see if I'm ready tomorrow."
8. No matter how trivial, consider every kept resolution or commitment a WIN!

Is **2012** the year your life changes forever?  
**empower**  
**yourself**



Take the right direction

Love

Patience

Joy

Peace

Gratitude

Kindness

**Happiness** has a huge impact on your health, from your arteries to your heart, from the glow in your skin to the pep in your step. Happy feelings influence your brain and body chemistry in ways that make you better able to cope with pain and stress and to fend off colds, flu, heart disease, and even cancer. While it's not yet clear exactly how feeling good about your life helps your heart, it's well established that happiness is vital to your health. Studies have repeatedly found that happy people produce fewer stress-related hormones, have stronger immune systems, and live longer.

**If you're happy, you'll likely live longer and definitely live younger!**

And being happy isn't just luck. You can make yourself happier, day in, day out.

**So C'mon, Get Happy (below are 10 ways to help you achieve happiness)**

**Listen to music.** Music that makes you feel good increases your heart and breathing rates and makes your brain release dopamine, a feel-good neurotransmitter

**Hang out with upbeat friends.** Your chances of happiness increase by 15% if someone in your immediate social circle is happy

**Take a joy break.** Even a few minutes of doing something you love (singing, hiking, watching a sunset) can reduce anxiety and enhance your mood.

**Talk nicely to yourself.** Is your inner voice quick to snap out things like, "How could you forget that, you idiot?" Trade put downs for encouraging words; they set you up for success.

**Connect.** Talk -really talk- to people you care about you'll both benefit by connecting. Get physical, too, hugs stimulate oxytocin, giving a feel-good boost.

**Keep a gratitude journal.** Simply writing down what you're thankful for makes you healthier and more optimistic.

**Don't sit around.** Physical activity is a significant happiness booster. Get moving for 30 minutes a day-

**Meditate.** It eases stress, improves sleep, strengthens immunity and measurably increase happiness.

**Help others.** Volunteer at a soup kitchen, hospital, or shelter. Giving back adds more meaning which is essential to happiness in your life.

**Go outside.** Spending time with Mother Nature makes you feel alert, enthusiastic, energetic and simply happy.



**are you happy?**

# The importance of Weigh-Ins

**The scale is one of the most feared items at the gym.** We make excuses, future promises and irrational explanations according to the number we see.

Weight on the scale fluctuates daily and even by the hour depending on the food in your digestive tract, liquids you've been drinking, the amount of salts and sugars you've eaten recently (retains water in cells), respiration, perspiration, pre-menstrual water retention, medication, constipation and time of day.

Daily fluctuations are mostly due to water changes. When you are eating healthily and taking part in regular exercise, you may be shedding fat. At the same time you should be adding new muscle tissue. This can easily affect the number on the scale and make it appear that your progress is slowing down.

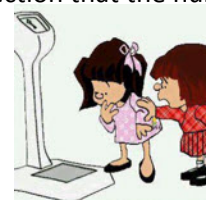
Adding muscle while shedding fat is the most desirable and healthy combination. Muscles burn fat tissue and helps to keep the fat off. When you eat carbohydrates, the body changes much of it into glucose. Glucose that is not needed immediately is stored as glycogen in the liver and muscles for later use. Each gram of glycogen is stored with 3 grams of water. Saturating your glycogen stores after a binge means that 3 times more water is stored as well – no wonder a binge can weigh so much!!

Weighing on a regular basis acts as a warning signal that things may be going wrong. It is easier to make small daily or weekly corrections in food intake and exercise levels, rather than trying to compensate for large weight gain over a period of weeks or months.

## TIPS FOR MAKING THE SCALE WORK FOR YOU

1. Weigh yourself at the same time of day in similar clothes
2. Never compare one scale to another
3. Don't rely on the number but rather on the trends (is the number climbing or dropping over time)
4. Don't skip a weekly or monthly weigh-in due to fears of weight gain. Noticing early can help you make small adjustments.
5. Develop other success measures such as centimetres, how you look in the mirror, fit of clothes, activity levels and stamina
6. Don't focus on the degree or speed of weight loss. What is important is the direction that the number is moving.

"Don't step on it....  
It will make you cry"



## THINK YOURSELF SLIM:



No-one can help you lose weight if your brain isn't in the right place. Here are some simple solutions to help you get with the programme.

**1 Make it your choice.** You must be mentally ready to make a healthy decision. Do it for yourself, remember you are in control, no-one can force you to do anything.

**2 Be Realistic.** It's virtually impossible to change your eating plan in one day. Start with a smaller goal, like eating breakfast every day for two weeks, then there's a better chance that you will achieve change. Once you have achieved that you will have the confidence to reach for the next mark.

**3 Control the desire to eat in your head.** A lot of us eat out of boredom, when we are stressed or feeling down. Next time you reach for a snack, ask yourself if you are really hungry. Rather than feed your feelings, phone a friend, take a walk or write in a journal instead.

**4 Find some support.** When we join a community with like-minded health goals we tend to be more successful. To be able to talk to someone when we slip up always helps to get back on track and remember, we are all human, don't beat yourself up if that happens. Accept it and move on trying a little harder.

## FITNESS MYTHS BUSTED

### MYTH 1: **DON'T EAT BEFORE A WORKOUT**

Many people think that they shouldn't eat before they work out because it will leave them feeling lethargic. Oddly, the opposite is true. If you think of the body as an engine, and the food your fuel, it makes sense to put something in. We gain energy from our food and we need adequate energy to get the most out of our workout. Eating a light snack such as a yoghurt or a banana about an hour before you exercise is a good idea. It's all about balance.

### MYTH 2: **AS YOU AGE YOU WILL LOSE MUSCLE AND GAIN FAT**

There is a little truth to this, but only if you lead a sedentary lifestyle and do nothing about it. Your metabolism decreases as your age, but just by doing resistance training you can increase and maintain muscle mass – all it requires is a little work.  
(continued on page 4)



We are pleased to announce that the DIANE magazine is now available online for FREE.

This award-winning magazine celebrates women and is packed with inspirational stories, cutting-edge health, fitness and nutrition information, recipes and so much more--to help you live your best life.

Visit [mycurves.com](http://mycurves.com) click on the DIANE link and enjoy!

The Access code for Edgemoad is  
**TZB4P4**

# Join the Curves-Sanlam Challenge in February and invest in your health.

This is an investment guaranteed to give you great returns and will stimulate growth in the Health and Wellness sector of your life.

All you have to do is sign up and commit to working out at least 12 times and weigh and measure during the month of February.



Besides the health benefits to be gained, you will be entered in a lucky draw to win a Tog bag, Towel and Water Bottle all supplied by Sanlam.

Sanlam Financial Wellness

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For further information please contact me.

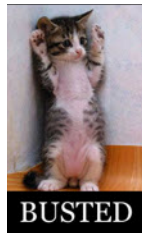
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Sanlam  
Thinking ahead

## FITNESS MYTHS BUSTED

### MYTH 3: *IF YOU DON'T LOSE WEIGHT, THERE IS NO POINT IN EXERCISING:*

The usual motivation for getting off the couch and getting moving is the unwanted flab enveloping us. However, exercise also improves the ability of insulin to enter the cells, improves blood clotting mechanisms, lowers triglycerides, raises HDL (good cholesterol) and improves sleeping habits. Not to mention the psychological benefits of exercise which result in a feeling of pride and accomplishment.



### MYTH 4: *STRAPPING WEIGHTS TO YOURSELF WHEN YOU EXERCISE WILL BOOST THE EXERCISE BENEFIT*

Some people carry weights when they run or strap them to their legs, thinking they will provide the benefits of strength training or make them burn more calories. However, the converse might also be true as these weights can slow you down so that you get fewer benefits. Most light weights used in this way also do not provide enough weight to actually provide you with the benefits of resistance training.

Celebrate this night with a loved one or with family members in a very special way. Pack or order a picnic and be active and adventurous by hiking to the top of Klipmutskop to view the sunset over Table Mountain with stunning views of the Winelands, and then see the full moon rise. Once there a glass of bubbly will be served. Sunset @ 19h40  
Time: Arrival by 18h00, no later than 18h30 to start hike.  
Venue: Dirtopia Trail Centre  
Delvira Farm, R44 between Klipmuts and Stellenbosch

The marked Vineyard Trail is 9,75km in total and starts from the Trail Centre on Delvira farm and takes you through a Renosterveld Conservancy and Yellowwood forest to the top of Klipmutskop.

It will take you about one hour to the top from the Trail Centre so don't be there later than stipulated, so that you make it in time for the sunset.

Vehicles can also transport some people, especially children to the half way mark where the singletrack hiking trail starts at the Pepper Tree this will shorten the route to under 5km in total and it takes about 30 minutes to the top from the Pepper Tree.

## Valentine's Sunset Hike

Bring torches (for walking down) and something warm to Wear. The cost is R50p.p and R20 for children under 10 years. Shuttles, permits & map included. You might just stand a chance to win a pair of Hi-Tec hiking shoes in a lucky draw!  
Please book at the Trail Centre, as limited space. As it is a marked route, your group can do their own thing. Wide variety of snacks & cooldrinks for sale at the Trail Centre or book a picnic with us - please see info below. Picnics must be booked & paid two days in advance.

**Book your spot (and for more info) at the Trail Centre Tel: 0218844752 or e-mail info@dirtopia.co.za**

