



Kurvaceous™

Autumn #2, 2009

Kurvaceous News

Dear Kurvaceous Friends,

What fantastic feedback I got this week from people trying the low carb noodles for the first time! I am glad you are all loving them and will do my best to keep a steady supply in stock for everyone to enjoy. I would be interested to hear how everyone is using them and if you have any tasty recipes you would love to share please email me at admin@kurvaceous.com and I will post it on the recipe page.

You will also notice a new feature on the site called the Fitness and Health Glossary. I often get many emails from people asking to explain certain terms or meanings of things. The glossary is an easy index way for you to keep informed about health & fitness terminology.

I have also included an offer below if you would like to earn some extra money by becoming an affiliate of the Kurvaceous Activewear. Read away and any questions please do not hesitate to drop me a line

Your Friend in Health,
Kate :-)

Health News - Green Smoothies!

Say what?! I know when I first heard of green smoothies, I turned up my nose and went, what the?! But now I incorporate them into my everyday living and thought it bout time I shared them with you.

So what are they? Well just as the name suggests they are a **green** smoothie. Ideally with 40% fruit and 60% vegetables. I have listed one of my favourite green smoothie recipes to the right and will be updating the site with more in the near future.

Why would you drink a green smoothie? Well some of the benefits of green smoothies include improved mood, weight loss, improved digestion, higher levels of vitamin B12, and stronger bones and teeth! Drinking a Green Smoothie Every day is one of the simplest and best ways to help to balance your body's pH level (your pH level should be at 7.0-7.3) and add maximum nutrition to your daily diet.

We all know eating our greens in important but honestly when was the last time you sat down to a bowl of Kale? The green smoothie is a simple way to add those much needed nutrient greens into your diet. It is also a way to get greens into your children. At the clinic I work at the children call them the green monster shakes and absolutely love them.

It is important though that you mix up the "type" of greens you have everyday, that is do not have abundance of the same type of green 2 days in a row. You need

Quote of the Month

"No matter who you are, no matter what you do, you absolutely, positively do have the power to change." - Bill Phillips

Exercise of the Month

Mountain Climbers/Squat Thrusts



Whether you call these mountain climbers or squat thrusts there is one thing that everyone has in common with this exercise...we HATE them! *lol* Whenever I yell out mountain climbers I get a wave of moans and groans from my clients. To be honest I hate them too but they are awesome for building leg strength, endurance and boy oh boy it will get that heart rate climbing.

1. Start by getting on your hands and feet in a prone position.
2. Keeping your body parallel to ground drive your knees up towards your chest alternating back and forth.
3. Repeat this movement for ideally a minute or more but work up to this in 20 sec intervals if you are just new to this exercise.

NB: Be sure to keep your butt

to rotate what greens you are having. I use spinach, kale, dandelion leaves, beetroot leaves, Asian leaves, parsley, silver beet, chicory, cos lettuce, this list is endless!

Have a go and let me know your thoughts!



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How it works:

1. Kurvaceous provides you with brochures of the activewear range to hand out to your friends, colleagues & family.
2. Each brochure will have your own unique code which your associates will enter on checkout to receive a special bonus (and let us know you sent them)
3. At the end of the month Kurvaceous will pay 10% commission of these sales (generated by you) into your nominated bank account.

Sound too easy? It is!

If you would like to register with Kurvaceous as an affiliate simply email admin@kurvaceous.com for more details.

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Email: admin@kurvaceous.com to register!

Fitness News: High Intensity Training Cuts Fat Best

For years we have been told to train in our "fat burning zone" that is, low- intensity, prolonged exercise burns fat best. This makes sense because the body uses fat as fuel at exercise intensities below 65% of maximum effort. However, high-intensity exercise revs up your metabolism so that you burn more calories for the rest of the day and night. Australian researchers found that women who followed a high-intensity, intermittent exercise program for 15 week lost more weight and fat than women doing a high-volume, low intensity training program. The study showed that 15 weeks of high-intensity intermittent exercise reduced total body fat, surface fat in the legs and abdomen and improved blood sugar regulation.

Source: International Journal of Obesity; published online January 15th, 2008

down!!!

Recipe of the Month

Green Smoothie: Banana Delight

Ingredients

- 1/2 banana
- 1/4 pear
- 1/2 passionfruit
- 60ml Lite coconut milk
- 4-5 ice cubes
- 1-2 cups baby spinach leaves
- 1 -2 tsp chia seeds
- 1 scoop Horleys vanilla protein powder

Directions

NB: You will need a blender to make green smoothies. I picked up a little bullet blender from K-mart for \$30 & it is the best little thing!

Blend fruit, coconut milk and ice.
Add spinach, chia seeds and protein powder.

Blend well and enjoy.

Cheers to better health!



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