



Kurvaceous™

Body Confidence

26th January 2009

Kurvaceous™ News

Happy New Year & Australia Day! I hope everyone is well rested and enjoyed themselves over the Christmas & New Year Period. May 2009 be a successful, productive, healthy and happy year for us all!!

Kurvaceous™ has started the year off on a great note with our trademark application being approved! If anyone has gone through the trademark process they will know it is a lengthy and costly exercise but thankfully it has all paid off.

The main direction this year is to help more and more people achieve their weight loss goals. Till now I have mainly been helping people in person(which is certainly my preference) but with so many requests I have now made the 10 Week fat loss plan available 'online' via weekly phone consults.

On a personal note I would just like to share with everyone my good news....I got engaged over Christmas. I am so very very happy and feel very blessed to have such a beautiful partner.

Have an enjoyable week everyone and if you have any news, recipes or fitness tips you would like to share please drop me a line at admin@kurvaceous.com

x's
Kate

Product News

About year ago the company *Well Naturally* brought out "Mini Mint Protein Bars" These are just bite size but pack a whopping 9.5 grams of protein which make them the ideal snack to eat following training, on the run or in between meals to keep that metabolism firing! I always keep one or two in my handbag as my back-up food should I get caught out without food.

Remember you want to be refuelling your body every 3 hours. Not a huge meal, just a small high protein snack to keep that metabolism going and prevent overeating at the next meal.

Now the good news is that Well Naturally have now bought out three more delicious flavours to add to the range:

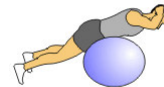
- Cherry
- Jaffa

Quote of the Week

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas"

Exercise of the Week

Lower Back Extension



1) Lie face down on stability ball with knees and feet on floor.

NB: The stability ball should be placed at the abdominal to lower chest region.

2) With hands on chest, raise trunk/chest 4-8 inches.

3) Lower to start position.

4) To increase intensity, position ball down towards hips, feet wide with knees off floor. Hands may be placed behind head and overhead to further increase resistance.

TIP: To increase stability, place feet against wall or stationary object.

Receipe of the Week

Cottage Cheese Pancakes

1 Serving

A high protein, low carb alternative. Great

- Mochachino

Per Serving (25g bar) - 353kj, protein 9.5g, fat - total 2.8g, saturated 1.9g, carbs 3.4g, sugars 1.9g, dietary fibre 1.4g, polydextrose 0.8g, sorbitol 3.9g, glycerol 3.1g, sodium 39mg

RRP \$1.75

Kurvaceous™ \$1.50



Diet Tip

Slow Down to Fill Up

It can take up to 20 minutes for your stomach to signal to your brain that it is full. During digestion, food is converted into glucose the body's basic unit of energy.

The body needs 20 minutes to begin digesting food and converting it to glucose. Simultaneously our hormones ghrelin, leptin, and insulin communicate between the stomach and the brain, helping signal satiety.

If you finish a large meal in less than 20 minutes, you will have impaired your body's ability to regulate food intake. Chew your food slowly and savor every mouthful to ensure you don't overeat!

Fitness Tip

Want to Stop the Ageing Process?

Aerobic exercise, such as jogging, improves the body's oxygen consumption and its use in generating energy (metabolism).

But maximal aerobic power starts to fall steadily from middle age, decreasing by around 5 ml/[kg.min] every decade.

When it falls below around 18ml in men and 15ml in women, it becomes difficult to do very much at all without severe fatigue.

Research shows that relatively high intensity aerobic exercise over a relatively long period boosted maximal aerobic power by 25%, equivalent to a gain of 6ml/ [kg.min], or 10 to 12 biological years. to 10 to 12 biological years!

"There seems good evidence that the conservation of maximal oxygen intake increases the likelihood that the healthy elderly person will retain functional independence," says the author.

The other positive spin-offs of aerobic exercise are reduced risks of serious disease, faster recovery after injury or illness, and reduced risks of falls because of the maintenance of muscle power, balance, and coordination.

Source: *ScienceDaily* (Apr. 10, 2008)

for snacks on the run!

Ingredients:

- 1 egg
- 1 tbsp xylitol
- 1/2 cup lowfat cottage cheese
- 1 tsp olive or virgin coconut oil
- 3 tbsp almond meal

Instructions:

1. In a small bowl, beat the egg with a whisk until foamy/creamy.
2. Push the cottage cheese through a wire strainer into the egg in the bowl. Mix well.
3. Add the oil and flour. Stir well.
4. Lightly oil a frying pan and place over low heat. When the pan is hot, spoon the batter onto the pan to make four pancakes. Flatten slightly with the back of a spoon. Cook 2-3 minutes on each side, or until lightly browned.
5. Serve with St Dalfour no sugar added Jam, lemon juice or sugar free maple syrup!





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