

DON'T UNDERESTIMATE THE POWER OF THIS WOMAN!
Curves

PUBLICATION OF KATY'S CURVES

INSIDE
CURVES

What's Happening this Month?

Thanksgiving Holiday Hours

Both locations will have special hours of operation this week so please be sure to reference the postings in the clubs.

Save 20% All Month!

You may not be aware, but we have several products available to help you with your portion control needs. All month long we'll be offering a 20% discount on all Healthy Portion Control products such as our Silicone steam-

ers, Magnetic Food Diary, Salad to Go, Snack to Go, Portion Control Snack Containers, etc. Check them out today!

facebook

Do you have a personal facebook profile? "Like" our facebook page and get daily motivation, inspiration, and health tip infor-



mation to increase your accountability and further your exercise and diet routine.

www.facebook.com/Curves

www.facebook.com/dianeTheCurvesMagazine

www.facebook.com/CurvesofUpperMontgomeryCountyMD

New Gear to Grab!

There are two new Curves clothing lines coming out this month that you'll definitely want to order quickly before they're gone!

The new Curves Letterman line features fun, comfy letterman socks, a jacket, backpack, iPhone

case and more.

The Samba line is specially-designed clothing for those Curves Circuit with Zumba lovers! Bright, flashy colors, soft fleece... it's sure to get you moving!



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Points of Interest!:

- *Tips and best practices for a successful Thanksgiving meal*
- *Healthy recipes to satisfy the taste buds, but won't hurt the waistline*
- *"At 56, she's a breast cancer and domestic abuse survivor as well as a Curves success story..."*

Roasted Turkey with Balsamic Brown Sugar Sauce from the staff of the Mayo Clinic

Serves 10

Ingredients

1 whole turkey (about 15 pounds), thawed
1 tablespoon olive oil
4 sprigs of fresh rosemary
3 to 4 cloves garlic
1/2 cup water

For the sauce

1 cup balsamic vinegar
1 cup defatted pan drippings
3 tablespoons brown sugar

Directions

Preheat the oven to 325 F. Rinse the turkey inside and out. Pat dry with paper towels. Place the turkey breast-side up on a rack in a roasting pan. Rub the turkey with the oil, a sprig of rosemary and garlic cloves. Place all of the rosemary and garlic inside the bird. Loosely tie the legs together. Place into the middle of the oven. When the skin is light (after about 1 1/2

hours) cover the breast with a tent of foil to prevent overcooking the breast. Check the doneness after the bird has roasted about 3 to 3 1/2 hours. Turkey is done when the thigh is pierced deeply and juices run clear (180 to 185 F) or when the breast muscle reaches 170 to 175 F.



Remove the turkey from the oven. Let it stand about 20 minutes to allow juices to settle in the meat. Deglaze the pan by adding 1/2 cup water. Stir to scrape up

browned bits. Pour pan drippings into a gravy separator. Reserve 1 cup of defatted pan drippings for sauce.

To make the sauce, in a pan or microwave dish, stir together the vinegar, defatted pan drippings and brown sugar. Warm the sauce until the flavor is just released, about 15 seconds in the microwave, or over low heat on the stove until steam "escapes." Don't boil.

Carve the turkey and drizzle turkey slices with the warmed brown sugar sauce. Serve immediately.

Serving size: 5 ounces light and dark meat	
Calories 247	Cholesterol 79 mg
Protein 34 g	Sodium 78 mg
Carbohydrate 10 g	Fiber trace
Saturated fat 1 g	

Acorn Squash with Apples from the staff of the Mayo Clinic

Serves 2

Ingredients

1 Granny Smith apple, peeled, cored and sliced
2 tablespoons brown sugar
1 small acorn squash, about 6 inches in diameter
2 teaspoons trans-fat free margarine

Directions

In a small bowl, mix together the apple and brown sugar. Set aside. Pierce the squash several times with a sharp knife

to let the steam escape during cooking. Microwave on high until tender, about 5 minutes. Turn the squash after 3 minutes to ensure even cooking. Place the squash on a cutting board and cut in half. Scrape the seeds out of the center of each half and discard the seeds. Fill the hollowed squash with the apple mixture. Return the squash to the microwave and cook until the apples are softened, about 2 minutes. Transfer the

squash to a serving dish. Top each half with 1 teaspoon margarine and serve immediately.



Calories 270	Cholesterol 0 mg
Protein 2 g	Sodium 140 mg
Carbohydrate 52 g	Fiber 5 g
Total fat 6 g	Saturated fat trace

Tasty Apple Pie from the staff of the Mayo Clinic

Ingredients

Pie crust

1 cup dry rolled oats
1/4 cup whole-wheat pastry flour
1/4 cup ground almonds
2 tablespoons brown sugar, packed
3 tablespoons canola oil
1 tablespoon water

Filling

6 cups sliced and peeled tart apples (about 4 large apples)

1/3 cup frozen apple juice concentrate
2 tablespoons quick-cooking tapioca
1 teaspoon cinnamon

Directions

To prepare pie crust, mix dry ingredients together in a large mixing bowl. In a separate bowl, mix oil and water together with whisk. Add oil and water mixture to dry ingredients. Mix until dough holds together. Add a bit more water if needed. Press dough into 9-inch pie plate. Set aside until

filling is prepared. To prepare filling, combine all ingredients in a large bowl. Let stand for 15 minutes. Stir and then spoon into prepared pie crust. Bake at 425 F for 15 minutes. Reduce heat to 350 F and bake 40 minutes, or until apples are tender.

Calories 215	Cholesterol 0 mg
Protein 3 g	Sodium 16 mg
Carbohydrate 31 g	Fiber 4 g
Total fat 9 g	Saturated fat 1 g

Thanksgiving

By Nadia Rodman, RD

Turkey got you feeling down?

Before you sit down to the Thanksgiving feast, before the aromas even hit your nostrils, reflect on your health goals. One day does not have the power to spoil your goals, but all too often people allow one day or a series of "bad" days to destroy their confidence and motivation for change. Watch out for these pitfalls that can get you off track.

Start off on the right foot

Don't throw your exercise schedule out the window just because it's the holiday season. You can avoid most holiday-related weight gain simply by maintaining your exercise regimen. Set aside 30 minutes for yourself.

Take the focus off food

After a short "rest and digest," get the whole family involved in a game outside, or go for a walk with your sister and feel the cool breeze of fall.

Don't neglect the most important meal of the day

When you know you will be attending a feast, start the day with a healthy breakfast. Oatmeal is an excellent breakfast choice because it is low in calories and full of soluble fiber that will fill you up. Also, eat a healthy snack before you make your way to the family gathering. That way you won't show up ravenous.

Graze smart

The holidays are often used as an excuse for everyone to gather in the kitchen and munch high-calorie goodies all day long. These calories can really add up. Instead of munching while standing around talking, commit to eating only while seated. This will eliminate a lot of the mindless eating

Eyes on the prize

Remember to keep your goal in sight. Is it to feel confident in a bathing suit on your big trip? Is your daughter's wedding coming up? Find your motiva-

tion, use it to stay committed and be thankful for all the things you have been blessed by today.

that goes on in the kitchen. Other tricks that work include chewing on a piece of gum, drinking a glass of water before eating, and munching on low-calorie raw vegetables. Besides, your main course will taste much better if you are really hungry for it!

Stuff the turkey...not yourself

No one likes to feel so uncomfortably full that they can't enjoy the rest of the day. But this is a special day, so allow yourself to enjoy a little bit of all of your favorites...just stop as soon as you start to feel full. Choose a smaller plate and only put your very favorite things on it. Sit down, savor the food. Have some good laughs and conversation with loved ones. Then, decide if you want seconds or if you will wait to have your "seconds" at dinner time.

"You can avoid most holiday-related weight gain simply by maintaining your exercise regimen."

"Follow Your Dreams" Member Highlight: Linda Eicher

Some people allow their troubles to get them down, while others use adversity as a tool to help them accomplish something. Linda Eicher, a member of Bartlesville Curves in Oklahoma, is a real winner! At 56, she's a breast cancer and domestic abuse survivor as well as a Curves success story.

Linda says, "I knew there was someone else inside who needed to come out. I wanted to follow my dreams." As the Oklahoma Director for Ain't it Good Productions, a Christian development and management company for the performing arts, she wanted to pursue her goal of becoming an actress.

"After losing weight, my husband and a breast, I went to LA to the International Model and Talent Association (IMTA) competition. I won first place in four areas of the competition! That week changed my life," remembers Linda. She competed against 2,000-plus contestants and won a scholarship to the New York Conservatory. She hopes to sign with Icon and Rage Models in New York and Los Angeles. One of her favorite quotes is from Albert Camus, "In the depth of winter, I finally realized that within me lies an invincible summer."

"I will be 57 in March—it's never too late to follow your dreams," says Linda.

Linda credits Curves with helping her maintain her focus, "The staff at Curves is so motivating and they really CARE

about us. Curves has become an important part of taking care of me, not only physically, but mentally and emotionally as well." The Curves workouts and nutritional guidance enabled Linda to lose 45 pounds and gain an enormous amount of self esteem. "My self-love has finally arrived!" she exclaims.

Linda is the perfect example of how thirty minutes, three times a week, plus nutritional changes and a "can do" attitude can modify your body. When you transform your body, you revolutionize your life.

www.MyCurves.com





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"Your Curves will Amaze You"

Curves is a facility specially designed for women, featuring a complete 30-minute workout and weight management program that is fun, fast, and safe. Our facilities also feature the most advanced fitness technology in the world-CurvesSmart. This personal coaching system will ensure that you get maximum benefits based on your specific fitness level. Additionally we offer the NEW Curves Circuit with Zumba! This unique class combines the Curves Circuit with the fun music and dance moves of Zumba! You'll tone up, burn hundreds of calories and have so much fun you won't even realize you're working out!

We're on the Web!

www.KatysCurves.com

www.facebook.com/CurvesofUpperMontgomeryCounty,MD

Hours of Operation

Gaithersburg

Monday 6am—8pm
 Tuesday 8am—1pm & 4pm—8pm
 Wednesday 6am—8pm
 Thursday 8am—1pm & 4pm—8pm
 Friday 6am—1pm & 4pm—7pm
 Saturday 8am—12pm
 Sunday—CLOSED

Olney

Monday 6am—8pm
 Tuesday 8am—1pm & 4pm—8pm
 Wednesday 6am—8pm
 Thursday 8am—1pm & 4pm—8pm
 Friday 6am—1pm & 4pm—6pm
 Saturday 8am—12pm
 Sunday—10am—12pm

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