



Curves: Permanent Results Without Permanent Dieting

Gary Heavin, Carol Colman

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The power to amaze in 30 minutes a day, 3 days a week.

Two million women have discovered Gary Heavin's secret to permanent weight loss at more than six thousand Curves fitness and weight-loss centers around the country. In thirty minutes, three times a week—and without a restrictive diet—many have been able to take off the weight and keep it off for good.

The Curves Promise:

- A unique three-part nutrition plan that produces results quickly and shows how to maintain weight loss in order to eat normally for 28 days, and only monitor food intake two days a month
- A Metabolic Tune-Up helps deter yo-yo dieting and shows how to lose weight by eating more, not less
- Simple self-tests determine calorie or carbohydrate sensitivity, helping women individualize their food plan
- Shopping lists, meal plans, recipes, food and supplement guides, and charts to track progress and guide users through every phase of the nutrition and exercise plan
- A complete Curves At-Home workout, combining strength training and aerobics and taking only thirty minutes a day-no more than three times a week

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Donald Sigman:

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James Koenig:

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