

Tired of Dieting? Curves introduces a FREE weight loss solution that'll fit you for a lifetime.

What's different about the Curves Weight Management Plan?

Many women have a list of diets they've tried over the years and the one thing these diets all have in common is that they often fail. Why? They leave you hungry and deprived, and they slow your metabolism, setting you up for a never-ending cycle of yo-yo dieting. The Curves Weight Management Plan changes all that. Here's how:

It Revs Your Metabolism

This is perhaps the most significant aspect of the Curves Plan, and it's what allows you ultimately to be delivered from dieting for good. With a higher metabolism, you burn more calories all day long – even when you're sitting on the couch. The Curves Plan raises your metabolism through eating – yes eating – and strength training, which builds calorie-burning muscle.

It Allows You to Eat

On the Curves plan you eat all day long – five small meals rather than three large ones. This helps keep you from feeling hungry even during the low-calorie phase of the plan, which lasts only one week, and it keeps your metabolism revved. After every 30 days of dieting, you will have a short break to maintain your current weight and boost your metabolism.

It Offers a Wide Variety of Food

Curves has 2 diet solutions; one is higher in protein and one is higher in carbohydrates. The protein intake ranges from 30% to 45% depending on the solution that you choose. The plan recommends limiting your intake of refined carbohydrates and sweets, but no foods are off-limits. The meal plans are so easy to follow – no counting is necessary! You will simply choose 3 meals and 2 snacks from the recommended list. This plan also has a simple food exchange system built in so that you can easily substitute or build meals that appeal to you.

It's Healthful

Diets that deprive you of certain foods also deprive you of the nutrients contained in those foods. Because the Curves plan not only allows, but encourages you to eat a wide variety of foods from all the food groups, your diet will be rich in the nutrients your body needs. It's a Diet You Can Stick With. By now, you've probably already figured this one out. The Curves meal plan satisfies your hunger, your taste buds, and even the occasional less-than-healthy craving, making it easier to stay on track.

It Provides Permanent Results Without Permanent Dieting

Up to 95% of dieters fail to maintain weight loss with conventional programs because they can't diet forever. With the 30-day diet you will learn to maintain weight loss as you progress. When you reach your goal weight with the Curves Plan, you will know exactly how to maintain it for life because you have had practice after every 30 days of dieting. And the Curves Plan doesn't require that you diet for life to maintain your goal. When you reach your goal, you will eat a healthy diet between 2,000 and 2,500 calories without regaining weight.

It Works

Does it all just sound too good to be true? Under the direction of Richard B. Kreider, PhD, FACSM, scientists at Texas A&M University have put the Curves Fitness & Weight Management Plan to rigorous testing, scrutinizing its effects on hundreds of women just like you. The results? Curves works. Women on the Curves plan have lost weight, boosted their metabolism, lost body fat, gained muscle, and enjoyed other healthy benefits.

But don't take it from us. Take The Curves Weight Management Class, a unique nutrition program where you'll learn to lose weight and keep it off for good. To set up your free appointment, [contact us today](/default.aspx?PageID=1013).