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<h1>Tired of dieting? Curves has a weight loss solution that'll fit you for a lifetime.

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<p><strong><span style="color: #c71585;">What's different about the Curves Weight Management Plan?</span></strong></p>

<p>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 feeling deprived, and they slow your metabolism, which sets you up for a never-ending cycle of yo-yo dieting. The Curves Weight Management Plan changes all that. Here's how:</p>

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<p><strong>It Revs Your Metabolism</strong><br />

The Curves Plan raises your metabolism through eating &mdash; yes eating &mdash; and strength-training, which builds calorie-burning muscle.</p>

<p><strong>It Allows You to Eat</strong><br />

On the Curves plan you eat five small meals rather than three large ones. This helps keep you from feeling hungry and it keeps your metabolism revved.</p>

<p><strong>It Offers a Wide Variety of Food with Easy to Follow Meal Plans</strong><br />

The plan recommends limiting your intake of refined carbohydrates and sweets, but no foods are off-limits. You simply choose 3 meals and 2 snacks from the recommended list or use the built-in food exchange system to easily substitute or build meals that appeal to you.</p>

<p><strong>It's Healthful</strong><br />

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.</p>

<p><strong>It Provides Permanent Results Without Permanent Dieting</strong><br />

When you reach your goal weight with the Curves Plan, you will know exactly how to maintain it for life because you will have had practice after every 30 days of dieting.</p>

<p><strong>It Works</strong><br />

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. The results show that women on the Curves plan have lost weight, boosted their metabolism, lost body fat, gained muscle, and enjoyed other healthy benefits.</p>

<p>But don't take it from us. Try the Curves Weight Management Plan, a unique nutrition program where you'll learn to lose weight and keep it off for good. To set up your free appointment&nbsp;<a href="/default.aspx?PageID=1013">contact us today</a>.</p>

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