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NEW HOPE NEWS

NEW HOPE SURGICAL WEIGHT LOSS CENTER NEWSLETTER

Our Guest Speaker . . . Pam Amatore, Curves

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Curves is the largest fitness franchise in the world with almost 10,000 locations worldwide. *Curves* Clubs can be found in over 42 countries, including the United States, Canada, Europe, South America, The Caribbean, Mexico, Australia, New Zealand, South Africa, Japan, and we're still growing. We are the first fitness and weight loss facility dedicated to providing affordable, one-stop exercise and nutritional information for women.

Pam Amatore is the owner of the nearby club in Broadview, at 17th and Cermak by the new Target. She

has owned this club from the beginning in Sept 2003. Pam is a registered nurse for over 20 years and has seen in many settings how obesity causes many diseases, chronic conditions and low self image. When she went to her first *Curves* She felt that this was a complete form of exercise...aerobic and strength training (lifting weights). Pam left her Director of Nursing job at Fox Valley Home Care and bought her first *Curves*. One year later she bought a second *Curves* with a friend in Glencoe/Winnetka.

Curves also has a weight Management program but

as with all diets you need the will power to stay on it. With exercise alone, many women can lose weight and stay fit, but obese women need to diet and exercise to lose weight.

Pam will discuss the importance of exercise for everyone, not only the obese; and the health benefits for men and women.

She plans to have a raffle prize for one month free at *Curves*... and for all that attend, a one week free coupon at any *Curves*, and a prize for all.

To find out if *Curves* is right for you, ask yourself these questions:

Can you spend 30 minutes a day, 3 times a week, to improve your quality of life?

Would you rather exercise in an environment designed especially for women?

Have you ever wished for a fitness program that was "doable" and fun?

Have you tried or considered other fitness clubs and just never found one that felt right for you?

Would encouragement from other women help you reach your fitness goals?

Are you ready to amaze yourself?

- The *Curves* workout is a complete workout including all five necessary components: Warm-up, Aerobic exercise, Strength training, Cool down, and Stretching

- *Curves* uses hydraulic resistance.

- There are no weight stacks to manage or change.

- Safe, accommodating resistance keeps you moving smoothly and safely around the circuit.

- You push, then pull, rather than lift and lower weights. This reduces the potential for soreness and injury.

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- A safe, load-bearing activity helps to maintain bone density and fight osteoporosis. Strengthening muscles provides joint stability and is a crucial part of arthritis treatment.

- Curves offers strength training that women can do.

Any age can use the equipment because it adjusts to your ability. Curves has members as young as 12 and as old as 105!



Curves

Recipe

RICOTTA CHICKEN

1/2 cup ricotta cheese

3 Tablespoons pine nuts
2 Tablespoons fresh basil, chopped
1 Tablespoon fresh thyme, chopped
1 teaspoon garlic, chopped
2 Tablespoons sun-dried tomatoes, chopped
1 artichoke heart, chopped

1 pound boneless skinless chicken breast, pounded 1/4 inch thick being careful not to tear the meat.

1/2 cup white wine
Preheat oven to 350° F
Salt and pepper to taste

In a large bowl, combine the ricotta cheese, pine nuts, basil, thyme, garlic, sun-dried tomatoes, and artichoke heart. Mix well.

Lay the pounded chicken breast flat and divide the cheese mixture evenly

Spread the cheese mixture over the top of the chicken breast and roll the chicken breast tightly.

Place the chicken seam side down into a baking pan

Pour the white wine into the baking pan with the chicken and add the salt and pepper

Bake at 350° F for 40 minutes or until done and juices run clear.

Makes 4 servings

Per serving:

Calories 222; Protein 28 grams; Carbohydrates 4 grams

4 Rules of Success!

Protein

Eat protein first at any meal.
Strive for 60 grams per day

No Grazing

You can consume a lot of calories by grazing

Drink Water

64 ounces per day

Exercise

Strive for a vigorous workout at least 3 times per week

We're on the Web
www.newhopesurgical.com

Share your ideas for future newsletters with Liz....

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The New Hope Support Group started in July 2002. It was started by Dr. Tiesenga as a way for people to get together and exchange their experiences with each other. Whether you've had surgery or are thinking about it. We're all here to help with your journey.

If you don't know
why you're doing
the task, then
you will never
achieve the
Goal!

September 18, 2006

Next Support Group:

You asked for it!! **Open Forum**

This is your opportunity to ask questions of those who have had either the Lap Band or the Gastric Bypass surgery

