

Curves will give you free week to try their new plan

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gram incorporates all three key components of a successful weight management plan and is designed to help dieters lose up to 20 pounds and 20 inches in just 90 days. Women are seeing real results and sharing their success stories with others at www.facebook.com/curves.

Research shows that up to 95% of dieters regain their lost weight, and then some. It's not because there's something wrong with them, it's because there's something wrong with conventional weight loss plans. To lose weight and keep it off, you need three secret

weapons:

- **Diet:** Weekly personalized diet plans and shopping lists created through the Curves Complete website, available exclusively to Curves Complete members. These tools help dieters enjoy the convenience and portion control of expensive mail-order diet food programs while shopping at their own grocery stores – and for a fraction of the cost! The plan even offers a convenient new Heat & Eat option so dieters can include healthy frozen food choices like Lean Cuisine® and Healthy Choice® in their diet plans.

- **Exercise:** Workouts at

Curves of Banks that combine metabolism-boosting cardio with strength-training and stretching while providing a continually more challenging workout experience as fitness improves.

- **Motivation:** Daily motivational videos produced through a partnership with the renowned Cleveland Clinic that offer advice and strategies from a panel of experts to help you make healthy choices and keep the weight off. Plus, one-on-one time with your personal coach each week to support, encourage and motivate.

“Personal coaching is the heart of the program,” said

Douglas, “All Curves Complete participants receive a Health Assessment and a 15-minute, personalized, weekly coaching session with a certified Curves Coach that includes a weigh-in, progress assessment, goal review and monthly body measurements to track results. That extra accountability is very motivating, and the coaches help you develop simple, practical strategies for getting and staying on track.”

For more information about Curves Complete and Curves of Banks's free trial week offer, please call 503-324-9262. For information on Curves, please visit www.curves.com.

Happy New Year

Just for Fun

Casey and Kyle by Will Robertson



The public good is in nothing more essentially interested than in the protection of every individual's private rights.

WILLIAM
BLACKSTONE
English
jurist
(1723-1780)

Solve this Sudoku

2	6						9	
		1		9	4			
								8
5				7	9		8	6
		8				9		
9	7		4	2				1
7								
			9	3		6		
	5						7	2

December 21 solution

2	5	9	7	1	3	8	6	4
8	6	7	5	4	9	2	1	3
1	4	3	6	8	2	9	7	5
3	2	5	9	7	1	6	4	8
7	9	4	8	5	6	1	3	2
6	1	8	2	3	4	5	9	7
4	3	2	1	9	8	7	5	6
5	8	1	3	6	7	4	2	9
9	7	6	4	2	5	3	8	1

Answer to December 21 Sudoku is on this page.