

***CurvesSmart*[™] Personal Coaching System**

FAQ / Fact Sheet

What is *CurvesSmart*?

CurvesSmart is an upgrade to the Curves circuit equipment that personalizes the workout for each member by measuring her heart rate, intensity level, range of motion and reps as she works out, comparing the measurements to her previously determined capabilities. The personal coaching system indicates with color-coded lights whether the member is working to her max (green=yes), so she can adjust her intensity as needed.

Does it really work?

According to preliminary research from Baylor University, women saw a 15 percent increase in inches lost when using the *CurvesSmart* circuit rather than the traditional circuit.

Does this change the Curves 30-minute circuit?

The circuit is still 30 minutes and offers the same great workout. The difference is that now members receive real-time feedback that they can use immediately to get the most out of each workout. Instead of wondering how hard they worked or how many calories they burned, they'll know exactly how hard they're working and be able to see the number of calories they burned. Each workout is tailored precisely to meet the member's predetermined goals and match their current level of fitness.

What happens as the member gets stronger?

The system automatically adjusts to become more difficult if the member has shown marked progress over several workouts. Or, if the member has been unable to reach her target intensity over several workouts, the system will adjust her workout to be less intense. This makes the Curves workout excellent for all fitness levels.

The science behind Curves

The Exercise and Sport Nutrition Laboratory and the Center for Exercise, Nutrition and Preventive Health at Texas A&M University have conducted extensive studies of the Curves weight loss method and have found that:

**Curves has proven effective at helping women lose weight,
gain muscle strength and aerobic capacity,
and raise metabolism.**

For more information about Curves: www.curves.com

For more information about the Curves/Texas A&M studies: <http://curves.tamu.edu/>

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