

# DO IT & DIET

## New Curves Web Site

(NAPSA)—A best-selling weight-loss book has become the basis for a new Web site offering online diet and fitness information, tools, experts and motivation.

The Web site is based on the proven theories behind “Curves: Permanent Results Without Permanent Dieting,” by Curves founder and CEO Gary Heavin. Curves is the world’s largest fitness franchise, with more than 4 million members. The online program features easy-to-follow meal plans, shopping lists, healthy recipes and a database of more than 30,000 foods featuring full nutritional information.

The screenshot shows the Curves Complete website. At the top left is the logo "Curves Complete". To the right are links for "My Account", "Preferences", "Customer Service", and "Help". Below these is the date "Wednesday, October 31, 2007" and "Not? Sign Out". A navigation bar contains "home", "my workouts", "my meals", "my progress", "resources", "Curves 101", and "community". The main content area is divided into several sections: "Meet Curves Complete" with a photo of a woman and text about meal plans; "TODAY'S PLAN" with "what's for dinner" and "my workout" sections; "know this!" with a lightbulb icon and text about Phase I of the diet; "my results" with a line graph showing energy level over time; "Find Recipes" with a search box; and "talk it up!" with a forum post. A "TM" trademark symbol is in the bottom right corner of the screenshot.

**Women now have online access to advice and motivation from nutrition and fitness experts.**

CurvesComplete.com subscribers have ongoing access to a network of nutritionists and fitness experts who are available to answer questions and provide motivation. By following the plan and logging their eating and exercise activity, subscribers can track their progress. The program automatically adjusts and provides recommendations, as well as advice and guidance, based on how the subscriber is doing relative to her goals.

For more information, visit [www.CurvesComplete.com](http://www.CurvesComplete.com).