

Curves

Miss April 2009 Calendar Girl



My name is Elaine Frampton and I have type 1 diabetes for the past 35 years.

I joined Curves 27th November 2008 to date I have lost 8 inches and my body fat has gone from 35.4% to 32.5%, you are weighed and measured once a month my weight has gone from 11st 7lbs to 10st 4lbs. I have suffered from diabetes type 1, my short acting insulin is almost nonexistent and my long acting insulin has dropped from 18 units a day to 14 units a day

I went along for a free trial, I could see from the ladies that were there, that they were everyday ladies everyone was friendly including the staff who were not patronising in anyway and treated everybody to there own individual needs. I was shown my workout which was great compared to other organisations I had attended in the past. I was getting a total workout. This was great and enjoyable so decided to join that following week. With the support of the staff and the fun within the club and the quality of life this has given me I have never looked back!