

# Curves

## Miss April 2010 Calendar Girl



Congratulations Mary Whiting!  
In becoming our Miss April 2010  
Hello, my name is Mary Whiting.  
I am 64years old and I live in  
Fareham with my husband, Ken,  
to whom I have been married for  
45 years (this deserves a clap!).  
We have 2 grown up sons;  
Stephen is 44 and Stuart who is  
42.

I joined Curves in May 2009 after  
being introduced to it by one of  
my sisters, Ivy, who attends  
Curves with me when she visits.  
Ivy took me along to her Curves  
meetings in Redhill, Surrey to  
see if I would like it. I was also  
included in their Christmas  
dinner 2008.

I realised what a great bunch of women they were so I decided I would join my local Curves branch in Fareham.

I have belonged to quite a few keep fit organisations over many years, BUT I can honestly say that I consider CURVES to be the BEST. I like that fact that it is women only and you can come when you want. Also there is always a smiling face to greet you. The social side of Curves is fun too.

From December 2009 until March 2010, I had to have a break from curves because I became seriously ill just before Christmas with double pneumonia and ended up in Intensive Care on a ventilator. Having the ventilator down my lungs also caused another infection. It was not a nice time!

The Good thing is I am on my way to feeling a lot better now

When I was in hospital I was told if I hadn't been as fit as I was before I fell ill, I might not have come through my illness. I believe belonging to Curves and exercising there regularly greatly contributed to my speedy recovery from my illness.

I truly believe coming to CURVES has been a great help to my well being and will continue to be so. Thank you Curves!!!