

Curves

Miss August 2010 Calendar Girl



I'M A LOSER!!

11 lb's and 15 inches to date from January 11th 2010, I'm delighted.

I'd reluctantly accepted that with the onset of 'middle age' my clothes size had crept up to size 14. My diet has always been pretty healthy but age and a sedentary job were proving to be obstacles to a slimmer me.

For a year or so I'd walked past the Curves entrance before building up the courage to brave the stairs. Having looked at the website before joining I was aware of the programme details and now think the key to my success so far was that I'd made the commitment and had the determination before even 'signing on the dotted line'. I'd planned how and when I could make the minimum 3 visits weekly and also had the support of my family so it was just a matter of putting it all into practice.

A further bonus is the overall health effects. Every 3 years an organisation offers my work place free health screening. My entire set of results has improved from those in 2007. This includes blood pressure, glucose test, cholesterol, liver and lung function in addition to weight and BMI. For me this has been solely down to the exercise regime at Curves.

Thank you to the 'Curves Team' for your constant guidance and encouragement, it is such a friendly place to visit - but please print all this positive stuff now as I'm about to go on holiday where I will not be declining those cocktails!! At least I know where to come to shift the error of my ways this time!!

We are Proud to have you as one of our Calendar Girls!