

Curves

Miss December 2009 Calendar Girl



The Curves team are a true inspiration to others the dedication to maintaining there three times per week workouts and also maintaining a training program preparing themselves for the Great South Run. Well done Ladies!

Hi, I'm Sheila Musselwhite and I am 52. I have always been overweight but following an accident a few years ago, I became even less active than usual and last summer found myself at 21 stone with dangerously high blood sugar, blood pressure and cholesterol, time for some serious lifestyle changes.

By crash dieting I managed to lose a few stone but following further surgery in the New Year, started to put it back on again. I knew the solution was sensible dieting and exercise but I have had a lot of practise in resisting being sensible. However, it seemed that whenever I opened the paper or went in a shop, I saw an advert for curves. I decided that as soon as I was cleared by the hospital, I would look into it. Then I was cleared by the hospital and decided it was not such a good idea after all. Finally, a friend literally pushed me up the stairs.

I have never been so far out of my comfort zone in my life, I was terrified and convinced that I was about to come face to face with a room full of perma tanned 20 year olds in size 8 designer leotards . Instead I came face to face with Yvonne who was so welcoming that I plucked up the courage to join.

The rest is history, it took a few weeks before I felt comfortable but (when they had stopped laughing) friends, family & colleagues have been very supportive and Maddie made it her mission to get me smiling and now I cannot imagine not coming at least 3 times a week.

I am fitter now than I was in my teens, so to date I have lost the total of 16 inches, 20lbs and 2.2% body fat and I feel great. I know that with the combination of curves smart and weight management not only will I reach my target weight I will be able to maintain it.

Thanks Yvonne, Maddie, Elena and all at curves you have reinvented me.