

Curves

Miss February 2010 Calendar Girl



My name is Mary Predeth I am 59. Not having taken part in any exercise since leaving school, and working in an admin job where I am sat at a desk most of the day, it was with trepidation that I replied to the leaflet that was put through my door in Jan 2009. The machines looked scary, but due to the patience and support of the staff I was soon completing the circuit 3 times a week with confidence.

After two months I was beginning to loose weight, my shape was changing and my joints were becoming more mobile and had a greater range of movement. I could now walk downstairs one foot after the other instead of one at a time.

I have been attending now for just one year and have realised many benefits for my efforts. I have lost 21lbs in weight, 18 inches and I have reduced my body fat content by 1 stone bringing it down by 2.3%. I find myself feeling happy and cheerful on completion of each workout and am sleeping better.

I thoroughly enjoy my workouts at Curves, finding it to be a pleasure not a chore.

I am very pleased and proud of my achievement over the past year, made possible by the dedication of the staff giving advice and encouragement, the friendliness of other members and my husband who has supported me all the way.

I look forward to the next year

Mary is a true example of success at our club. She is a wonderful role model and we are proud to award Mary with the accolade of Miss January 2010. Well Done Mary!!