

# Curves

## Miss January 2010 Calendar Girl



Trudy's results have been excellent

Trudy compliments the Curves team with her commitment and contribution to the Curves club.

She is a true STAR and inspiration to all. Well Done Trudy!

I joined Curves by accident in February this year and I'm so Glad I did!!!

I had never enjoyed conventional gyms, "Mirrors, men and thin women" made it miserable for me, not to mention slogging my guts out for an hour to burn a few hundred calories made it truly tough work.

I really enjoy popping into Curves and seeing everyone, knowing I'll get a great workout, burn around 4-500 calories in half an hour and have fun while I am doing it!!!

Yvonne, Maddie and the girls make it a pleasure, I think of them as new friends and they always give everyone lots of encouragement.

My weight loss has been steady. I've lost almost a stone and 11 inches but most importantly my body fat has been reduced by 3.1%

I recently completed the Great South Run with the Curves team [a first for me] and my partner Lyn kept me going [thanks Lyn, haven't seen you since!!!]. it was a brilliant day.

My Goal for the coming years is to continue to Curves 3 times a week, tone up more and lose some more weight whilst having fun with my new found friends.

Thanks All

Trudy