

# Curves

## Miss July 2009 Calendar Girl



Our Miss July is the incredible Rosalynd. Well done! We are so proud of all your hard work

### Curves!

I joined Curves last August after seeing a leaflet in the dry cleaners. I have been on various diets in the past and although I lost weight I always seemed to put it all back on plus a little extra. Realising that diets are not the only answer and that through dieting my metabolic rate had really slowed up - meaning that I didn't have to eat as much to put on weight, exercise seemed a good option to help me get back into the many clothes hiding in my wardrobe. The slogan 'No men, no mirrors and no make up' caught my attention as experience has taught me that some gym's can be a little bit intimidating.

Plucking up courage I phoned for an appointment and based on the friendly atmosphere decided to join. I set myself a realistic goal of 1lb per month and am so far on target. I don't seem to put on as much weight when I go away on holiday or have friends for the weekend and have been able to loose any extra gained.

Initially the Curves Smart wasn't available but I found when it was introduced that it gave me the motivation to work harder helping me to keep on track. I really miss coming to Curves when life gets too busy and I have to drop one of my sessions.

So far I have lost 12lb's and 15 inches and have dropped nearly 2 dress sizes. People have commented on my smaller figure which has been a real encouragement. So thank you Curves. I couldn't have done it you. Without you.