

Curves

Miss July 2010 Calendar Girl



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Jan joined Curves in March 2009 and has so far clocked up over 100 workouts!!!!

Although daunted by the workout at first, she soon came out of her shell and became a valued curvette and friend to staff and members alike.

She works hard on the circuit to reach her goals and we are sure she will, one day, reach her weight target. Currently Jan is finding she has much more energy, has lost inches and has a general feeling of overall well being

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The Staff wish to nominate Jan for her outstanding acts of kindness which have helped raise awareness for Macmillan Cancer Support. So far Jan has managed to raise over £1,600 by making scrumptious mince pies at Christmas for our members to buy, mouth watering jam's and light and fluffy hand-decorated cup cakes.

Not only that, but this green fingered, extraordinary 'gal' has also put a lot of time and effort into making beautiful planters for the summer.

Currently her biggest achievement was suggesting and participating in the Great South Run 2009, she completed this mammoth 10 mile race in less than 3 and a half hours which, in itself is an incredible achievement, and is also currently undergoing training to complete the run again this year along with her sister and niece by her side.

Jan would like to thank all our members who have donated and supported her throughout the year and continue to do so.

Her tireless efforts have not gone unnoticed. So that's why the girls at Curves have nominated her this month as a way of showing our support and appreciation for her efforts.

We hope she will remain a cherished friend for many years to come.

Keep up the good workouts Jan xxxxxxxxxxxxxx