

# Curves

## Miss June 2009 Calendar Girl



**Congratulations  
Debbie, we are proud to  
have you as our June  
Calendar Girl.  
You really do have the  
power to amaze  
yourself!**

Hi, my name is Debbie Lavin and I joined Curves Fareham in August 2008 after seeing the stall at Fernhall Ladies Day. The fact that it was Ladies {I use the term loosely} only gym was the deciding factor. Nothing worse than sweaty men trying to impress.

During the day I am a pay and personnel administrator working for the armed forces which can be very stressful at times. Working out at Curves allows me to get rid of frustrations before going home. All the staff are welcoming, encouraging and energetic ['Maddie!!] and the other Curves members are very friendly. We can usually manage a laugh if we still have breath left. The equipment is far easier to use than I ever thought it would be and I don't feel awkward or embarrassed. And since Curves Smart started on 4<sup>th</sup> December 2008, I have burnt a total of 25947 calories.

My aim was to lose weight and become fitter. I haven't lost as much as I wanted to but I am certainly fitter and more toned than before. Even my husband has noticed,