

Curves

Irene our March 2009 Calendar Girl



Irene came to Curves on the 15th January as a buddy referral from Jenny Kirby also a member of Curves.

She was very despondent with a lack of confidence, after having a health check at the club she was very surprised at the results with her weight and body fat content.

Irene knew she had to do something about her health, having the encouragement from the Staff and fellow members; she has achieved all of her goals in the first month. She has achieved a weight loss of 10 lbs and 16.5 inches from all over her body and a body fat content loss of 3.7%.

Irene has now changed her whole way of looking at life; she has lots more energy and a different outlook. One thing for certain is that Irene has said "that curves have changed her life."