

Curves

Miss March 2010 Calendar Girl



Davina Stray and Doreen Anthony

About 4 years ago we had been attending Slimming World to lose some weight and needed to increase our exercise regime but didn't want to go to a gym due to our advancing years, (although, we liked to think that we were young at heart our bodies didn't always agree.

We then heard of Curves from a mutual friend whose sister had joined in Ireland. We made enquiries and found a branch nearby but due to the travelling we only attended twice a week.

We were, therefore, delighted when Yvonne started in Fareham and were with her on her first day. Due to the fact that we did not need to travel so far we started coming 3 times a week and when SMART was introduced we immediately joined. The difference this has made has been most beneficial and we have tried to maintain our weight loss and keeping fit. At our time of life we need to keep our bodies as supple as possible and our bones strong and we feel that Curves are doing this for us whilst enjoying our sessions with the "Curvettes".

The only times that we miss are due to holidays and are really pleased to get back into our sessions. It means that when we do put on that bit of weight we know that we can get back into shape with some exercise and by eating less by following the weight management courses that we have attended with Curves. This has taught us a lot about how to eat healthily and how to control our weight.

So far we have racked up 663 workouts between us since we joined in June 2008.

And we hope we can get to 1000 workouts before 2011

So thank you Yvonne, and all your girls, for all your help and encouragement over the past two years, we really want to get to 1000!!!

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The Curvettes Team would like to congratulate Davina and Doreen on there fantastic achievements and to assure them that the Curvettes are there at all times for them. Well Done Ladies!