

Curves

Miss May 2009 Calendar Girls



This month we have decided that in recognition of all their hard work we are awarding this month's calendar girl to Sheena and Carol [Mother and Daughter]

We joined Curves at the end of the summer of last year after a recommendation from a friend. We've tried many different diet/fitness regimes in the past with varying degrees of success, but "in for a penny in for a pound" as they say! We have now clocked up 167 and 121 sessions each at Curves to date. Curves staff have been very friendly and supportive of us since day one, badgering us to try harder as needed! The 30 minute sessions are enjoyable and therefore more achievable than other methods we have tried.

We started the weight Management Programme in January and lost over 2 stone and 24 inches between us. We both know and appreciate the different nutritional values of food, but being human we ignored it like everyone else! The Weight Management programme has changed all that. The increased protein intake leaves little room for anything else and the reduction in carbohydrates is making a difference. {Anybody starting now, don't forget the protein meal replacement bars, they make it easier to achieve the daily goals}

Congratulations to Sheena and Carol for their hard work and commitment!