

Curves

Miss May 2010 Calendar Girls



A good friend of mine came in to work one day:-

"I've just joined Curves, it's great, they're so friendly, and you should come too." She said.

So...I did.

Immediately I walked into Curves I knew that this was different to everywhere else I've ever been to try and get fit and loose weight. I was welcomed, but not pressurised and it was good not to see too much designer Lycra!

I have been fit in the past but life has been up & down in the last few years and I'd dropped to an all-time low; getting larger, with achy joints & unable to walk far without getting puffed out.

So, for me, this is a place to come, unwind and feel good. It's good to have a chat while exercising – always a plus as then I don't have to think too much about feeling tired. I've also struggled to change my eating habits & having support as well as feeling fitter has really helped. I've discovered that my 'secret' is simple-just don't eat so much!

Amazingly I've managed to loose 45lbs, 31 Inches along with 31lbs of body fat and it hasn't been as hard as I first thought, I just needed something to get me into the right mind set.

I'm now looking forward to choosing some new clothes, I enjoy walking the dog and I've just climbed Pen-y-Fan in the Brecon Beacons (over 2,500feet high)

This summer I even intend to squeeze into a wet suit again (after at least 15 years) and go surfing.

So thanks to you all for making exercise fun again.

Well Done Sue you are a True inspiration to other members!