

# Curves

## Miss November 2010



I joined Curves in April 2009 to lose weight but I have enjoyed the exercise more!

As the oldest Curves member I have that the curves exercises are not only fun, but suit my own fitness as well as that of the younger members. The set Curves workout is easy to learn and I don't feel intimidated because there are no men, no make up and no mirrors.

Because I workout 3 times a week I have clocked up over 150 workouts and have so far lost 9 inches. I even lost weight whilst I was away on holiday in America which was a big surprise!

I couldn't have done anything without the help of the curves girls. The staff are excellent and always manage to make you smile plus they keep you on the go all the time which makes every workout a challenge

I have made lots of new friends at curves and even renewed some old ones but the social aspect is another bonus to working out here. I thoroughly enjoy every visit and I look forward to many more in the future

My wish for 2011 is to try and get down one more size to 16 as my granddaughter is getting married in May and I want to look my best for her big day.

Thank you for all the time and effort you give us all.

**Well Done Diane for becoming our November Calendar Girl. Keep up the Good work.**