

# Curves

## Miss October 2009 Calendar Girl



Paula a true inspiration to other Curvettes her commitment and dedication to maintaining her three times per week workouts are truly amazing. Well done!

Hi! My name is Paula and I am 43 years old. I used to be a member of Fitness First but lacked the motivation to go after a while. It was a big and impersonal gym. I took a curves leaflet from Beauty Solutions in Fareham, and went to have a look. I met Yvonne (who i thought was very friendly) and joined in January 09. I started Curves Smart and lost a few pounds in weight (must have been those flashing green lights).

In mid February I had a setback in my my commitments to exercise. I had an emergency back operation and was extremely lucky not to have ended up in a wheelchair. I was determined to get going again after 6 weeks off from Curves. Yvonne encouraged me to do so - easing back into it gently. I had great support from some of my fellow 'Curvettes'.

I have now started the Curves Management plan and hope to lose a few more pounds, it has got easier as I have gone on - my curves have started to change shape for the better. I still have a long way to go, but the comments I have received from work colleagues and 'Curvettes' keep me motivated to carry on!!

Live life to the full!