

Curves

Miss October 2010 Calendar Girl



Sarah

I joined Curves in March 2009 having decided I really needed to lose some weight and become fitter. The idea of a half hour fitness session really appealed as I would have no excuse for not being able to fit this in to my working week. The added bonus has been the great team at Curves; they're motivational, entertaining and great fun to be around.

Seventeen months on and I've lost 13lbs and 12.5 inches.

I now enjoy working out with my daughter Alice, who has also benefited from the whole experience and the friendly competition between us has provided an additional element.

Alice

I joined Curves in June this year as I also wanted to feel & look better and healthier.

I chose Curves as Mum was already a member and looked great as a result. It was also far more convenient and motivational having someone to workout with.

To begin with I was a bit sceptical, as it didn't look like hard work and it was totally different to gyms I had previously been to. But once I received my smart card the hard work began. I love the structure of Curves; you know how long you have on each machine, your overall workout and the green and orange trackers encourage the challenge. It's great when you get the "personal trainer" treatment from the girls with the extra workouts on the boards.

It wasn't long before I began to see and feel the results. I have lost 8lbs and 8 inches so far. I thoroughly enjoy going to curves for the company, atmosphere and how easily it fits in.

We both want to say a big **THANK YOU** and aim to continue to become fitter and hopefully smaller in the future 😊