

Curves

Miss September 2009 Calendar



My name is Kay Parker and I reached 50 at the start of this year. Knowing it was approaching, I kept thinking to myself all last year that I would go on a diet and enter my 50's leaner and fitter. However, thinking about it was about as far as it got and actually doing it never really happened. I arrived at Curves almost by accident. One of my sisters (Barbara) told us that she had joined up and my other sister (Lynda) decided to follow suit. Shortly afterwards, they asked if I'd like to join them.

Now, I haven't been in a gym since I left school and never had any interest in joining the various aerobics classes, yoga classes, etc that my counterparts went to in the 80s and 90s, so I was quite sceptical about doing so.

However, I thought I'd give it a go and now, here I am, after 'giving it a go' over 100 times since the end of February, with the result that I am 25 pounds lighter, 23½ inches smaller and a good deal fitter!

I'm as surprised about it as anyone else is. When I first got to Curves and Yvonne set me a target of losing 12 pounds, my first thought was 'I thought I was coming to a gym; I didn't say I was going on a diet!' However, working-out didn't seem to fit well with eating what I was, so, after a while, healthy eating came in and I took on board some of the tips from Yvonne and Maddie – *don't eat carbs after 3:00pm, eat more protein, have a snack, take your calcium and vitamin tablets.....*

Having the support of my sisters, along with their help with the finances and with travel arrangements, has been great and lots of conversations at the weekends are about Curves and how we're finding working-out there. However, now I also get lots of encouragement from all my other 'sisters' at Curves, whether they work there or work-out there. There are times during workouts when we look at each other with the 'Why on earth are we here doing this?' face, but we all know that we'll be back later in the week!

Well Done Kay – We think you are true inspiration to other members trying to achieve their goals.