

Curves

Miss September 2010 Calendar



Hi, I'm Helen Carpenter, I'm 42 years old. Living and Working in Fareham

I joined Curves thanks to one of my customers who attends the Gosport branch; she told me all about the machines and how much it had helped her after her accident.

2 years ago I had major knee surgery to remove a tumour the size of a golf ball. I had suffered for 2 years previous before finding out what it was. In that time I had a lose of muscle and strength in my right leg completely.

A Top Calendar Girl

I thought I was fit and now I have found coming to Curves has helped me so much. I am so pleased to have my muscle strength back as it will help me recover quickly when I have minor surgery again.

My Surgeon was very pleased to know I had joined Curves when I explained what exercises did to help my recovery.

Over the last two months I have reduced my Body Fat Percentage to excellent and I am so pleased, my aim now is to continue with my inch loss and maintain my body fat levels.

Thank you Yvonne, Maddie, Carol, Elena and Devon for all your help and encouragement.

Well Done Helen, Keep up the good work!