

Curves

Miss Winter 2011



Hi!! My Name is June and I joined Curves in November 2010.

My main reason for joining was that I had recently taken early retirement and I noticed I had started to vegetate in my conservatory, reading books and eating sweets. Consequently I noticed the weight piling on.

Walking into Fareham High Street, I found I was perspiring heavily because of the excess weight I was carrying and also, having arthritis in some of my joints, made it even more difficult to perform day to day tasks without feeling exhausted.

I was due to go on holiday this year, so, when I joined Curves, I set myself the goal to reach a target weight before I left. With a combination of my workouts and portion control I managed to slim down ready for my holiday, I particularly lost inches in my thigh area which pleased me no end.

When I returned from my holiday, having enjoyed it immensely, I had put some weight back on which I am now determined to lose. Having achieved my goals before, I know I can do it again.

Working out with the ladies here at curves means that it is no onerous task. We chat, have a laugh and set the world to rights; of course the weight loss is a huge bonus!!!!

Since beginning Curves I have shed 24lbs and 32ins as well as 18lbs of Body Fat and I will continue over the next year to work towards my ultimate goal.

The amount of encouragement you receive from staff and members alike is wonderful, if you do find you have put weight on, nobody moans, they just help you through and offer encouragement and advice. I would encourage every member to try their best and use the facilities available to them; I found the 30/30 regime very helpful.

It's the old adage of the little engine that could. *"I think I can, I think I can"*, and I could!!!!

Congratulations June. You have worked really hard this year.

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