

Curves®

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REASONS

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I started Curves in Jan 2008. I was at my heaviest weight of 16st 9lbs and dress size 22. I had no energy, high blood pressure and was lacking confidence. My husband would say 'let's go to the pub tonight' and wouldn't want to go. I have now been coming to Curves for 15 months. I have lost over 4 stone through healthy eating and the Curves programme. I have dropped to a size 16 but also have a pair of size 14 jeans that I fit into. I have started dieting for the last two months and have lost more weight. I am now only one and a half stone away from my goal weight. My blood pressure has also decreased and has dropped to a normal level. I have come off my medication for blood pressure. I sleep much better and my mood is much brighter.

I have more energy and i ride my bike, walk every day come to curves 3 or 4 times a week. Best of all I go digging in my allotment which I never used to do. I eat healthier and have a better attitude towards food and exercise. The best thing of all is that I am more sociable and comfortable in myself. I have a much more positive attitude and I also take much more care of myself including pampering....another thing I would never do.

Without Curves I would still be 16 stone....it has shown me that losing weight can be hadr but lots of fun at the same time. It has given me a much more positive outlook on life!