

Miss August 2009



Lost

Joined

0.4lb

5th

5 in

Feb

0.7% b.f.

2009

Brenda Winzar

I saw an advert for Curves in the Evening News. I wanted to get fit and firm up and I needed a new routine, so I decided to join.

Curves is friendly, it's not boring and the half hour goes so quickly! I think the lively music is also very important.

I do my Curves workout every morning. It sets me up for the day and I have the energy to stay busy all day. Coming to Curves has given me increased happiness and loads of energy. It has also given me confidence - I even find myself talking to strangers now!

I'm an enthusiastic person and I always do everything to the best of my ability.

We noticed the enthusiasm! Brenda has done the most workouts in the club since Feb when she joined; the most challenges in the Curves Conquest Challenge and started the Club Hula Hoop Record at 10 min!