

Miss Feb 2010

Lost

3 st, 11 lb

45.75 in

4.9% b.f.

4 Dress Sizes

26 -> 18/20



Trudy Perkins

Joined

25th

Sep

2009

I passed Curves loads of times but then I made the decision to lose weight at Slimming World and knew I needed to be more active. I joined Curves because it's only a 30 min workout.

Curves is not boring and you're not left on your own. There are lots of different initiatives, games etc. and regular weigh & measure. You get to know everyone and Curves SMART keeps you competing with yourself. I'm really competitive so that keeps me engaged.

I am fitter, thinner and feel more steady. My spatial awareness has improved and I have more confidence. I would never have believed I would come to the gym 5 times a week! If I can't come I get frustrated.

I had to overcome the fear of coming in and people's reaction to my size and feeling watched. I get really hot & sweaty which makes me feel self-conscious. Finding time in the day was difficult so I plan the meal in the evening to allow time to workout and set the expectation with my family on home time.

Trudy is our overall TOP ACHIEVER since Sep 2009.