

# Miss Jan 2010

**Lost**

**5 st**

**58.5 in**

**9.7% b.f.**

**5 Dress Sizes**

**24 -> 12/14**



*Karen Cook*

**Joined**

**3<sup>rd</sup>**

**Aug**

**2007**

A friend at work told me about Curves. I had been ill and needed to lose weight and get fit and healthy, so I joined. I really like Curves because it is such a short exercise time it's easy to fit in – I go straight from work. You don't get bored and there's no waiting around.

Curves has made such a significant difference to me, more than just losing 5 stone and going from a size 24 to size 12. I am much more confident with lots more energy. I take more pride in my appearance. I enjoy shopping now – it used to be outside shops or nothing, now I have so much choice! I'm a bit of a shoe-a-holic and now I can get shoes to fit! The first thing my hubby noticed was that I could walk much further and I wasn't out of breath. I have now achieved a high level of pilates which I couldn't have done when I was overweight. I will attempt things now that I wouldn't have considered before – e.g. ballroom dancing classes. And I can sit in an aeroplane without touching the sides of the seat!

**Karen is our overall TOP ACHIEVER for Curves Gosport**