

Miss July 2009

Lost

**3 st,12lb
34 in
6.8% b.f.**



Joined

**25th
Mar
2008**

Sue Lumb

I live around the corner from Curves and kept telling myself, "I really must join". When my Dr. advised surgery was necessary if I didn't lose weight, that was it!

I like the fact that Curves is Ladies-only and also the circuit arrangement - you don't get bored and nobody can hog the machines.

Before I joined Curves I was in denial about my weight and I've had to re-educate myself and completely change the way I eat but it has all paid off! Dramatic weight loss - I've dropped from a size 24/26 to size 18. I don't mind looking in the mirror now or going on the scales. I can shop in regular High St. shops and I have a completely new wardrobe. I have lots more energy and enthusiasm now and I've made new friends.

In July, Sue was No.2 Top Star overall in the history of Curves Gosport! "Congratulations Sue - Brilliant Job!! "