

Miss Sept 2009

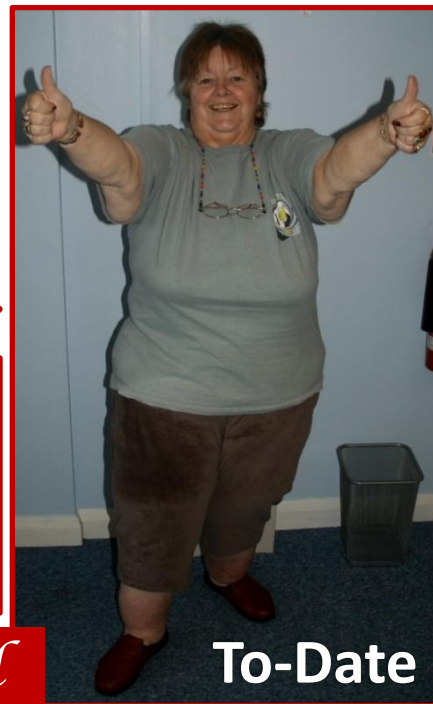


Before

Joined
21st April 2008

← 22st,9lbs
Size 30

Lost:
5st,11lbs; 52 .5in
16st,11lb, Size 20



To-Date

Wendy Stannard

When I joined Curves I was fully prepared to be told I was too big to use the machines or find I couldn't cope with them. However confident you are the idea of showing your shape in a gym full of fit young men and women would be daunting and I think I would have dropped out. At Curves where it's women of all ages, shapes, sizes and fitness levels I felt much more comfortable and I've stayed the course!

Before a gastric staple op in April this year I lost a stone. When I returned to Curves after 3 months off I found my muscles had wasted so much it was a struggle at first with some of the machines that I'd had no problem with before.

My walking improved from losing 3st but it has improved a lot more quickly since I've been back to Curves and got some strength back in my muscles.

I don't know what I would have done without Curves. I'm not sporty so I've never got into other forms of exercise and my size would probably have been against me. Even walking was out as it jarred my knees and didn't provide upper body exercise.