

Curves Gosport May Newsletter

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Miss May 2009



Irene joined Curves Gosport on the 25th February 2009.

Weight Lost: 5 lbs

Inches Lost: 9 "

Irene Hanrahan

How did you hear about Curves?

Through my friend Sue Hillary.

What made you join Curves?

I had lost a little weight and wanted to tone up and also improve my mobility. I had slowly gained more weight after being diagnosed with Osteo and Rheumatoid arthritis

What is different about Curves?

I never thought I'd say I enjoy coming to a gym but I love it! I like the set circuit and that it's all women. I don't feel ignored here and no one can hog the circuit.

How has Curves made a difference to your life?

I feel I have a reason to get out of the house every day. I have stopped using my walking stick and no longer need to use my inhalers daily. I feel so well and have loads of energy. I used to be unable to climb stairs properly, but after 2 weeks of working out at Curves I was almost running up them!

My friends are shocked when I say I enjoy a gym as I used to be a real couch potato!

New Fitness Coach



Katy Kelly

I am 18 years old and I finished college last summer & went on to become a fitness coach at Curves Fareham which I really enjoyed! I am a very active person who likes swimming, cycling & running. I also have a keen interest in music and drama. I play the violin, piano, saxophone and I sing. I would describe myself as being very enthusiastic and outgoing.

Members from Curves Fareham have described me as a very bouncy & lively person. I am very glad to be welcomed as a fitness coach here at Curves Gosport and I'm really looking forward to getting to know you all.

Food Drive Results

In our March Food Drive we collected over 600 lb of non-perishable food for local charities. The food was kindly donated by existing members of the club & the 49 new members who donated a bag of shopping when they joined.

Gosport Basics Bank, The Women's Refuge, & The Accommodation Resource Centre have asked us to pass on their appreciation to all you lovely ladies for your generosity.



John from Gosport Basics Bank thanks Paul Noble (Curves Gosport owner) for the donation.



Gosport Curves staff pose by the food!

Did you know ? - Just 19% of women take part in at least moderate intensity physical activity for at least thirty minutes three times per week.

Women's Sport & Fitness Foundation.