



Julie Owen October 2010

I started exercising at Curves back in March 2008, at the end of March 2009 I found a lump in my left breast. It was something I'd never noticed before as I do regular checks on myself due to the increase awareness on its importance.

I decided the day after I had to get to the doctors'. The doctor examined me and within the week I had a mammogram, within the following week I was diagnosed with the shock news I had breast cancer! It was all so fast moving. On 17th April 2009 I had my op to remove the lump, I experienced so many emotions during this scary time, from thinking 'It would never happen to me', to 'why me, what have I ever done?' Being told that statistics show 1 in 9 women in their lifetime will have breast cancer, made my diagnosis more real, and the NHS staff were fantastic.

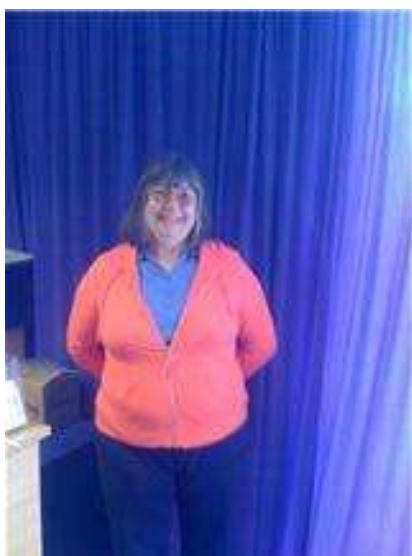
Even though I had the op to remove the lump I still had to undergo lots of challenging treatment. I had 5 weeks of daily radiotherapy and then 6 months of Chemotherapy (every 3 weeks) and 6 months of herceptin (every 3 weeks).

My goal after radiotherapy was to get back to exercise, I hit this goal in January 10 when I decided to go back to Curves to exercise, I needed to make a stand as I was beginning to get stronger. I knew exercising at Curves would help encourage my muscles and bones to become stronger and for me to feel healthier, plus I knew it was the only type of exercise I had ever stuck to and actually enjoyed!

In august 2010 I ended my treatment and now only have to go for routine check ups every 6 months. During my treatment I took part in a drug trial, I felt it was important for me to do it as I have two daughters and a granddaughter.

This year I have grown stronger by the day I now exercise at Curves 3 times a week around my working hours and I even took part in Race for life! I can now stretch on the floor where as before I couldn't, plus with all the help and support I have been given from Curves I now have lost a total of 14 ¾" and 16 ½ lbs and 2% body fat loss.

I normally am too modest to say it but I am a winner and I'm proving it daily!! Thank you to everyone including the NHS and curves for helping me through my journey!



Sarah Arnold November 2010

Sarah thought she couldn't stick to it, but she has become a regular visitor, keeping up her 3 x a week attendance.

Fighting health problems which initially was the battle and also injury she has lost 8 ½ " and 3lbs, and continues to work hard even on her not so good days.

Always ready with a smile Sarah is our member of the month.



Liv Galpin December 2010

Always ready with a smile Liv has continued to achieve weight and inch loss goals since joining us in August.

Initially uncertain about exercising, Liv has become a regular afternoon visitor who always puts in 110% on the circuit.

Keep up the hard work Liv, our Curves Member of The Month!