



Contact:
Becky Frusher
254-399-9285 X2502
bfrusher@curvesinternational.com

SUCCESS STORIES FROM WOMEN WHO KNOW CURVES BEST... ITS MEMBERS

- **WORKING OUT HELPED ME BEAT MULTIPLE SCLEROSIS ... AND WALK AGAIN!**
Tara F. – Connecticut – Curves Member Since June 2000
****LOST 81 POUNDS AND 33 INCHES!**

“Curves gave me my life back. At 26 I was diagnosed with multiple sclerosis (MS) and also was an insulin dependent diabetic. I was confined to a wheelchair and told by my doctor that I would never walk or work again. My mother did everything for me from feeding to dressing me and even tasks of helping me get in and out of bed. After 4 weeks at Curves, my legs went from 3% strength to 70% strength and my arms went from 20% to 90% strength. After 4 months, I didn’t use a wheelchair, a walker or a cane. Today, I am insulin and medication free, and have lost 81 pounds and 33 inches. In October of 2001, **Curves helped me reach my dream...walking down the aisle in my wedding dress!”**

- **OVERWEIGHT TEEN COMBATS HEALTH PROBLEMS!**
April N. – Mississippi – Curves Member Since June 2000
****LOST 101 POUNDS AND WENT FROM A SIZE 28 TO A 10!**

“When I started Curves in June of 2000, I was 15 years old and weighed 272 pounds. The doctor told me I had to do something because I was so overweight that I was facing health problems. **The Curves program...Quickfit & ‘Permanent Results Without Permanent Dieting’ is the only thing I’ve ever tried that worked and I have kept the weight off.** It takes major commitment, but anyone can do it if I can.”

- **MOM GETS FIT AND WOWS KIDS!**
Victoria M. – Ohio – Curves Member Since June 2000
****LOST 54 POUNDS, 41 INCHES AND WENT FROM A SIZE 24 TO 9!**

“Every year, many people make a resolution to something different with their lives. Like many other years in the past, I resolved to lose weight. I had reached a weight that I was not only uncomfortable with, but I was beginning to have health concerns. Today, my life is radically changed thanks to Curves for Women. The first time I went, I knew that Curves was going to work for me. The Curves program gave me a new outlook on exercise and feeding my body properly. I’m now able to play with my children in a more active manner, something I was never able to do before. **I just feel better about myself, and I owe it all to Curves!”**

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- **I'M WORTH IT!**

Mary Pat M. – Iowa – Curves Member Since June 1999

****LOST 40 INCHES!**

“Curves has provided me with an encouraging and supportive atmosphere that comes not only from the staff, but also from the other members. The casual atmosphere of Curves provided a nurturing environment where I could work at my own pace and not worry about how I look or if I was keeping pace with everyone else. Within months of starting the program, I had an energy level that I hadn’t experienced for years, I had strength in my arms that I never had before and my kids were surprised to see that I was ready to tackle all kinds of projects around the house instead of resting on the sofa. **This program provides me with a workable exercise routine where progress not perfection is my goal.** For me, the commitment of exercising three times a week combined with the help of the staff and other Curves members keep the rewards coming into my life. My self image and self esteem are soaring!”

- **SAY GOODBYE TO HIGH BLOOD PRESSURE AND ASTHMA**

Kim M. – Oklahoma – Curves Member Since October 1999

****LOST 85 POUNDS, 68 INCHES AND WENT FROM A SIZE 26 TO A 12!**

“Curves has been one of the best decisions that I’ve made in my life! I’ve been overweight for as long as I can remember and have tried unsuccessfully to lose weight. Since joining Curves, not only has my appearance changed drastically, but my high blood pressure became normal and my asthma has diminished. I found myself with an abundance of energy that I never had before. Everything about me has improved from health issues to self-esteem and even to my overall family life. I am proud of my accomplishments and very grateful for the Curves program and support and motivation given to me by the Curves staff. **Curves has been ‘life changing,’ thank you for helping me find the person that I have always wanted to be for my family and myself!”**

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