

Member Success Stories



CHRISTINE THOMPSON

SUFFERED FROM: Osteoarthritis & Rheumatoid Arthritis

Christine Thompson had lived with osteoarthritis since she was 14 years old and as an adult was diagnosed with severe rheumatoid arthritis. Her hands and feet would hurt and swell so badly that Christine's teenage daughter had

to help her with everyday tasks such as getting dressed and brushing her teeth. At one point, she was on three different medications for her rheumatoid arthritis. She was unhappy, depressed and—at 210 pounds—she was overweight.

Christine mustered up the courage to go to Curves and found herself in a safe, non-intimidating environment where the workout was fun. In the beginning, she was able to move better, and had less pain and more energy. She joined the Curves Six-Week Solution, and lost 15 pounds and 20 inches. Christine stuck to the program and continued losing weight. Now 35 pounds, 30 inches, and 6 dress sizes smaller, Christine is pain free from her arthritis, is down to just one medication and enjoys the physical and emotional benefits of an active lifestyle.

RESULTS: No pain from arthritis. Down to one medication. Loss of 35 pounds, 30 inches and 6 dress sizes.

KRISTI EDMAN

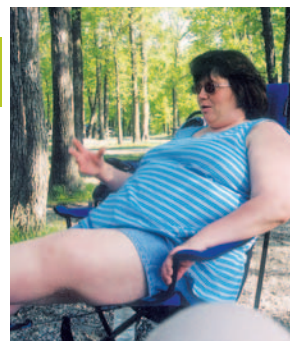
SUFFERED FROM: Asthma, high cholesterol and borderline high blood pressure

At her highest weight of 250 pounds, Kristi was neither happy with herself nor healthy. She also suffered from asthma, high cholesterol and borderline high blood pressure. Climbing up a flight of stairs and performing everyday tasks were daunting and she did not have the energy to play with her two boys.

After just 18 months of working out at Curves, Kristi lost 100 pounds and 67 inches, while her lung capacity increased from 85 to 95 percent, and her blood pressure and cholesterol were back to normal.

RESULTS: Increased lung capacity, normal blood pressure and cholesterol. Loss of 100 pounds and 67 inches.

FOR MORE INFORMATION, CALL 1-800-CURVES30, OR VISIT WWW.CURVES.COM



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MICHELLE PROWANT

SUFFERED FROM: Type 2 diabetes

Michelle began college standing five feet, five inches tall and weighing 277 pounds. She'd struggled with weight all her life, in spite of her parents' best efforts to help her control her weight. She went to her first organized diet

meeting at the young age of 11, saw a number of dietitians and kept innumerable food diaries. She was diagnosed with Type 2 diabetes at the age of 19. Michelle was able to lose 20 pounds in a year and a half with some lifestyle changes and a new diet program, but the time it took was very discouraging. Michelle was ready to give up and just accept that she would always be heavy and living with a life-threatening disease.

Michelle's mother convinced her to try Curves, and her life was forever changed the first time she spent 30 minutes on the Curves circuit. She began the Curves weight management plan which helped her learn about proper portion size and healthy food substitutes while helping her to manage her diabetes. One year later, Michelle graduated from Central Michigan University a different woman with her diabetes under control and 74 pounds, 46 inches and 6 dress sizes smaller.

RESULTS: Diabetes in control. Loss of 74 pounds, 46 inches, and 6 dress sizes.

RENATA HOLMAN

SUFFERED FROM: High blood pressure, high cholesterol, diabetes and gout

At the age of 20, Renata weighed 215 pounds. She had been overweight most of her life and was on multiple medications for high blood pressure, high cholesterol, diabetes and gout.

She tried every diet, the local health club and the YMCA to lose weight, but with no result. Her weight continued to soar up to 299 pounds. She was unable to fit in an airplane seatbelt, and just moving through a normal daily routine was difficult. She contacted a local weight management clinic and was put on a 1200 calories-a-day liquid diet, but she broke out in a rash after three of their shakes and knew that method was not going to work for her.

Her doctor recommended that she try Curves. Her thoughts of past failure almost prevented her from trying, but she went anyway. After just one week at Curves, she was able to move more easily. Three months later, she joined the Curves Six-Week Solution and has since lost 150 pounds, 105 inches and 10 dress sizes. Renata is off all of her medications and has been able to finally maintain a constant healthy weight.

RESULTS: No more medications or symptoms. Loss of 150 pounds, 105 inches and 10 dress sizes.

