



**Curves Member Notches Up Her 2000<sup>th</sup> Record Breaking Workout!**

A Curves member and fitness fan has notched up a European record of 2,000 visits to her local branch of the women-only global gym franchise. June Mi Chu Wan, 47, of Camberley, has now visited the Farnborough branch of Curves a staggering 2,000 times since joining the club in 2003. The married mother of two visits the club in Lynchford Road, North Camp, almost every day for a 30 minute workout.

The first Curves member in Europe to achieve this goal, June made her record breaking visit on the 29<sup>th</sup> July in the presence of fellow Curves members, cheered on by both club staff and delighted representatives from Curves International. June, who works for a cosmetics company in Farnborough, said she had initially joined Curves to shift weight which begun to creep up on her: "I initially joined Curves to lose weight and improve my health. I knew that I was becoming very lethargic and could feel the pounds creeping up on me, but my previous experience of gyms has been sessions that take too long, plus boredom and feeling intimidated". The sessions have helped her to deal with the stresses of everyday life. "I find it is a great stress-buster after a hard day at work. Thirty minutes of taking it out on the machines leaves me feeling totally relaxed and helps me sleep better at night".

Curves Farnborough franchisee Daryl Chapman, from Church Crookham, who also runs another Curves club in Green Lane in Blackwater, says June is an inspiration – and not just to the members! "She is someone who is so committed. She is a real inspiration for our other clients and our staff," he said.

Commenting on this achievement, Joanna Dase, Vice President of Curves International and an attendee at June's record breaking workout, said, "June's dedication to Curves and her own health and fitness led to her achieving a wonderful 2000 workouts and is testament to Curves being a place that supports women of all ages in achieving their goals through sustainable exercise and weight management. Here's to June's next 1000 workouts!"

For further information or to find your nearest Curves Club, log onto [www.curves.co.uk](http://www.curves.co.uk) or FREEPHONE 0800 130 0544. Follow Curves on Facebook [www.facebook.com/Curves](http://www.facebook.com/Curves).

**-ENDS-**

For further press information, please contact Jane or Sam at Entice Communications:

Tel: 020 8959 3656

Jane.s@enticecommunications.com / Sam.f@enticecommunications.com

## Notes to Editor:

### About Curves

Curves prides itself on being more than a gym. The Curves 30 minute workout is based on a circuit of workout stations that combine hydraulic resistance machines, aerobic exercise, strength training and stretching for a complete body workout. In addition, club promotions and events encourage women to support charitable causes, learn about health-related issues and forge lasting friendships as part of the global Curves community. Curves recommend attending three times per week for optimum results.

Enhancing the Curves workout is Curves Smart™, a revolutionary electronic personal training system that gives you moment by moment feedback during your workout. Curves Smart is available in selected Curves clubs across the UK.

With thousands of locations worldwide, Curves is the world's largest fitness franchise. Many clubs now also offer the new Curves® Circuit with Zumba Fitness®, the only 30-minute class that mixes the moves of Zumba® with the proven strength of training of Curves for a wildly effective workout. For more information, please visit: [www.curves.co.uk](http://www.curves.co.uk)





