

Curves

The power to amaze yourself.™

“After 6 children and post baby weight gain, Curves saved me from going blind”

Curves announces the finalists of their Curvette of the Year 2011 competition

Deborah Now



Curves, the UK's leading fitness and weight loss centre for women, has announced the results of its Curvette of the Year 2011 competition.

Deborah McCourt, 39, from Ireland has come second in the Curves nationwide competition to find its most inspirational weight loss story. Beating hundreds of other hopefuls in becoming a Curvette finalist, Sarah Jane took part in a glamorous photoshoot as well as winning a shopping spree at Next.

With six children, Deborah struggled to maintain a healthy weight post pregnancy. Weighing in at almost 16 stone, Deborah collapsed one evening whilst changing her baby.

Diagnosed with Inter Cranial Hypertension, a serious condition that leads to blindness, Deborah knew she needed to change. After further tests she found out that the cause of her condition was her weight, so she decided to join her local Curves to get fit and lose weight. Deborah has now lost 4 stone, is off all medication and her condition has disappeared.

On being a finalist in the competition Deborah says: “I couldn't be happier with my new and improved shape! I love shopping for my new svelte size 10 shape, and have loads more energy which I need with all my children!”

Commenting on the results and Deborah's story, Curves spokesperson Gill Brady says: “We had some outstanding entries for the Curves Curvette of the Year competition this year. Deborah's experience, in particular, is such a positive and motivating story. Not only did she lose a huge amount of weight by working out at Curves, but she tackled and resolved her health problems through her weight loss. I'm sure she will inspire busy mums everywhere!”

The competition was open to any Curves member who regularly attended their local Curves club and resulted in seven regional finalists who each went through a rigorous judging process with a panel that included actress and TV presenter Claire Sweeney.

Deborah Before



Burning up to 500 calories in a session, the Curves 30 minute circuit is a proven program of strength training, cardio and stretching suitable for women of all ages and fitness levels.

* Please see www.curves.co.uk for more details.

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Notes to editors:

About Curves:

Curves is the largest women-only fitness and health club franchise in the world dedicated to providing affordable, one-stop exercise, weight management and nutritional solutions for women. Founded by Gary and Diane Heavin in 1992 Curves now has locations in more than 80 countries, millions of members and over 220 clubs in the UK alone. It is the only provider of a highly researched complete solution for women wanting to address both their fitness and weight. Curves works every major muscle group with a complete 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance.

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 its scientifically proven exercise and diet programs, Curves is the only “one-stop shop” where women can lose weight, gain muscle strength and aerobic capacity, and raise metabolism for good.

Many clubs now also offer 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.