



Curves



CURVETTE OF THE YEAR - WINNER ANNOUNCED

Curves, the world's largest fitness franchise for women, is thrilled to announce that Cecile from Curves Wokingham has won the coveted title of 'Curvette of the Year'.

Having arrived in the UK eight years ago, Cecile gained a lot of weight and used food as a way of comfort. The more weight she put on the more depressed she became, losing all her self confidence both at work and socially. Having been advised by her doctor to lose weight, when Cecile turned 30 she vowed that she would do everything she could to shed the pounds, be healthier and happier, gaining inspiration from her mum who suffers from MS yet still sees reason to be positive about life.

Since joining Curves Cecile has lost 5 stone and has dropped from a size 22 to a size 10. Her self confidence has improved and she feels much happier in herself. Her health has also dramatically improved.

Curves launched the 'Curvette of the Year' competition in a bid to seek out the most inspirational achievements of its members across over 200 clubs in England, Ireland, Wales and Northern Ireland.

'Curvette of the Year' is dedicated to acknowledging the many fantastic women within the Curves community and will reward that member with the most life changing Curves experience.

From hundreds of fantastic weight loss and motivational stories Curves shortlisted seven regional finalists who battled it out to win the title but it was Cecile that came out tops!

Cecile will be awarded a lifetime membership to Curves whilst the Wokingham club will be rewarded with £1000!

To secure an interview with Cecile or for further information please contact Emma or Sarah at Laurus PR on 01628 760450

