

# True happiness

AFTER YEARS OF BATTLING DEPRESSION ABOUT HER WEIGHT, **TRACEY TOLTL** HAS EMERGED TRIUMPHANT—THANKS TO CURVES.

Tracey Toltl didn't like the woman who stared back at her from the mirror each day, so much so that she eventually stopped looking. Her mother struggled with diabetes, high blood pressure, and more, and Tracey knew she was headed in the same direction unless she took control of her health. That, and Curves' TV commercial, motivated her to join. Before long, she was happy to see herself not only reflected in the mirror but also in the eyes of others.

**LOOKING GOOD** “Before Curves, at 240 pounds, I was so depressed about how I looked. I avoided every social situation, including family gatherings. Now, with my newfound confidence and self-esteem, I live life to the fullest.”



**IMMEDIATE RESULTS** “From day one, Curves changed my self-image. At first, I was just so proud of myself for signing up and doing that first workout. And I was taking time just for me, which I never did. The mental and physical impact has been so tremendous.”

**ALL IN THE FAMILY** “My husband has lost 35 pounds because I've changed our eating habits. I wanted to make a difference for my whole family, to share with them what I'm learning. With the boost to my self-confidence, I've become a better mom, I have more patience and energy, I can cope with challenging situations better, and I'm happy with myself so I exude that upbeat outlook.”

**INSPIRING OTHERS** “There's a before-and-after poster of me at my Curves. People can't believe that I once weighed 100 pounds more! Two of my coworkers at the Canadian Automobile Association have even joined after seeing the changes in me.”

**TAKING A BITE OUT OF LIFE** “There isn't anything I won't try now. I have taken up swimming and dance aerobics on the days I don't go to Curves. And on a recent trip to Mexico, I went parasailing for the first time. I never would have believed it possible a year ago.”

“After my mother suffered a stroke, and I was facing other difficulties in my life, things got pushed aside, but not Curves. It's gotten me through these life challenges.”

## INFOCUS

**AGE** | 34  
**HEIGHT** | 5'7"  
**CURVES FACILITY** | FEBRUARY 2004  
 HAMILTON, ONTARIO, CANADA  
**STARTING WEIGHT** | 240  
**CURRENT WEIGHT** | 139  
**INCHES LOST** | 88  
**DRESS SIZES LOST** | 16 (FROM 24 TO 7/8)



ANTHONY PARAZZO