

small-town girl soars

LOSING MORE THAN 50 POUNDS, ALENE GALYEN IS TRANSFORMING HERSELF IN BIG WAYS.



in focus

ALENE GALYEN

Age • 53 Height • 5-foot-1

Starting weight • 197

Current weight • 140

Started Curves • December 2003

Curves facility • Ontario, OR

Dress size change • 22 to 12

Achievement • Her health improved so much that she stopped taking medication.

For Alene Galyen, growing up on a farm meant good eating—and lots of it. In her town of 300, her mother was famous at church for her pies, and she encouraged her family to clean their plates. After moving to a larger town of 3,800 and having children of her own, Alene's fate seemed sealed: This stay-at-home mom was doomed to battle the bulge. Or was she? After reaching an all-time high of 211 pounds, Alene knew she had to do something. When a friend introduced her to Curves, she knew what that "something" was.

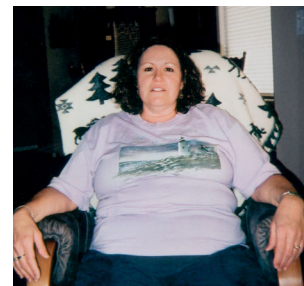
HIGHLY MOTIVATED "After joining Curves, I lost 35 pounds by my daughter's wedding in April 2004. It made me a lot prouder on what was already a special day."

BIGGEST SURPRISE "I've lost 57 pounds and more than 53 inches! I never imagined that I could have done that just by changing how I eat and exercise. Curves has changed my life—beyond weight loss. It's improved my fitness and strength, my self-confidence, and my energy. It has even expanded my circle of friends."

BETTER-BODY CHANGES "Thanks to Curves and a sensible diet, I've stopped taking high blood pressure medication. I was a borderline diabetic before, but no more. The joint pain in my knees is gone. And my feet are no longer swollen."

MAKING EVERY MINUTE COUNT "I go to Curves three days a week and go around the circuit three times—I make the most of my time there. On days that I'm not at Curves, I take 45-minute walks."

NEW AND IMPROVED "I was outgoing before Curves, but now I feel even more confident, prettier, not self-conscious. I do more things than ever, like hiking and camping—and I now have the energy to do the trails. Before Curves, I got winded just vacuuming a room! Plus, thanks to my getting fit, my husband has lost 45 pounds. I've also become a good role model for my kids. That's very gratifying." ●



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“I have so much more energy and self-confidence. It's the difference between night and day.”

MIKI DUJSTERHOFF; STYLIST: SADIYA SEYMOUR/HALLEY RESOURCES; HAIR: REIKO LOVE/HALLEY RESOURCES; MAKEUP: ELENA LYAKIR/HALLEY RESOURCES