

family business

WHEN CURVES OWNER MEGAN JOHNSON FOUND OUT SHE WAS PREGNANT WITH TRIPLETS, LIFE GOT A LOT MORE INTERESTING.



in focus

MEGAN JOHNSON
 Age • 32 Height • 5-foot-2
 Starting weight • 120
 Pregnancy (with triplets) weight • 170
 Current weight • 117
 Curves owner since • November 2002
 Curves facility • San Lorenzo, CA
 Achievement • "I'm able to run and keep up with my kids."

Pregnant with a second child, Megan Johnson and her husband knew life was about to change. And at the three-month checkup they learned just how drastic the change would be: An ultrasound revealed *three* babies on the way.

Though excited, Megan worried about the high-risk pregnancy and the cost of another kid times three. Her husband had recently lost his job, and she had purchased two Curves franchises that year. It turns out, however, it was the franchises—and the network of Curves members they met there—that helped these two newly self-employed parents build a successful life around family.

EXTENDED FAMILY "Curves ladies were so supportive and held a fund-raiser to help us pay for the triplet stroller, diapers, and formula. When I arrived at a surprise baby shower, they gave me a check for almost \$1,000, knitted blankets, and bags of toys and clothes. My kids are now 4 and 5 and have clothes up until they are 6 and 7."

TEAMWORK "While pregnant with triplets, my husband and I realized we had to do this together and he became part of the club. We now take turns being at work or home with the kids."

FITNESS COMEBACK "After I had the triplets, I worked out three times a week. I made sure to get the workouts in because I know how important it is to practice what you preach. I'm trying to convince women that they do have time to work out, and if I didn't that would be counterproductive. Plus, it keeps me sane."

ENERGY TO BURN "I'm down to my pre-pregnancy weight and in better condition. I've got four little ones running around, and I have to be in the best shape to be able to lift and carry them."

MEMBER SUCCESS "Fitness is my passion, and I love watching these ladies who think they can't do it come in and do phenomenally well and see the results of their hard work. They smile and you smile back, and it's amazing. That's what keeps me going." ●



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“I’m helping other women and their mothers to get passionate about fitness and make it a lifestyle habit.”

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