
"Curves Day" at U.S. Cellular Field Draws 3,000 Curves Members, Friends, Family

WACO, TEXAS - June 21, 2006 - Curves International Inc., the world's largest franchisor of fitness clubs, announced today that its founders, Gary and Diane Heavin, donated \$100,000 to the American Diabetes Association (ADA) during a special "Curves Day" at U.S. Cellular Field in Chicago on June 4. Sponsored by the Curves Chicagoland Co-op, which also donated \$6,000 to the ADA through its sales of tickets to the game, the event included an on-field parade featuring 3,000 Chicago-area Curves members and their friends and family. Diane Heavin, Curves founder and publisher of *diane*, The Curves Magazine, threw out the ceremonial first pitch to White Sox pitcher Jon Garland.

While presenting the co-op's ceremonial \$6,000 check on-field to ADA representative Angela Williams, RD, LD, chair of the Diabetes Information Council in Chicago, the Heavins surprised everyone by adding their six-figure donation to the check with a felt pen.

"We were so proud of all the hard work and effort the Chicagoland Co-op has put into this very special event that we wanted to show our support of our owner/operators and the ADA with this donation," said Diane Heavin.

Moved to tears as she accepted the donation for the ADA, Williams said, "Curves has been so helpful in the fight against diabetes by promoting exercise and healthy eating that can help eliminate diabetes," she said. "Now, with this incredible contribution, Curves' support has gone to an entirely new level." The funding will be used for general educational programs and operation support, according to Nancy Davis, executive director of the American Diabetes Association of Illinois and Indiana.

The Heavins were further delighted by the success of the event as they watched the Texas Rangers beat the White Sox 10-2.

CURVES ADA DONATION AT WHITE SOX GAME

About the American Diabetes Association The American Diabetes Association is the nation's premier voluntary health organization supporting diabetes research, information and advocacy. The Association's mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Founded in 1940, the Association provides services to hundreds of communities across the country. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit diabetes.org. Information from both these sources is available in English and Spanish.

About Curves The Curves Chicagoland Co-op is an organization of local Curves clubs that work together to promote health and fitness options for women that are available at Curves in nearly every Chicagoland neighborhood. For more information on Curves in Chicagoland, call 866-604-CLUB (2582) or visit www.curveschicagoland.com .

Curves offers a 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also offers a weight management program featuring a groundbreaking, scientifically proven method to raise metabolic rate and end the need for perpetual dieting. Founders Gary and Diane Heavin are considered the innovators of the express fitness phenomenon that has made exercise available to over 4 million women, many of whom are in the gym for the first time. Gary is the author of numerous books including The New York Times bestseller *Curves*, which is revolutionizing America's approach to dieting. With

almost 10,000 locations in 42 countries, Curves is the world's largest fitness franchise and the tenth largest of all franchise companies in the world. For more information, please visit: www.curves.com .



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