

LOST AND FOUND



**BLIPP
TO
Watch**
Scan the Blipper
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video on each
woman's story.

AFTER DROPPING
275 pounds,
THESE WOMEN REALIZED THAT
slimming down
DOESN'T JUST CHANGE
the number on the scale.
IT IMPACTS YOUR
passion for life too.

BY MELISSA JOHNSON

Samatha Burns

42, MOM OF THREE
CLEVELAND, OH
LOST 129 POUNDS

BEFORE At
304 pounds,
she grocery
shopped at
night to avoid
being seen.



WEIGHT WAKE-UP CALL I'd bought a medical transportation company—driving elderly patients from nursing homes to their appointments—and realized I was taking some of the same medications my clients were. Plus, I could barely keep up with them.

HOW I LOST IT I dropped the first 100 very slowly (11 pounds a year) because I joined Curves to work out but ate poorly. Two years ago, I started Curves Complete, a program combining fitness, customized meal plans and one-on-one coaching. I lost 29 pounds in three months. Eating breakfast every day and giving up sweets, as part of the program, made a big difference.

FAVORITE WORKOUT MOVE The table sit, a core and upper-body strengthener. Your hands and feet are on the floor and you repeatedly lift your hips until your body is in a straight line from shoulders to knees, then lower hips until you're almost seated.

GO-TO HEALTHY DISH Grilled chicken caesar salad with diced toast (instead of croutons), reduced-fat dressing and just two tablespoons of Parmesan cheese.

FUN THING I CAN DO NOW Play basketball with my 16-year-old.

STAY-MOTIVATED MANTRA Every day I look in the mirror and say, "I am beautiful and anything I set my mind to today I can accomplish."

"Toss me..."



TIDY CATS

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Damaris Rivera

44, MOM OF TWO
CINCINNATI, OH
LOST 61 POUNDS

WEIGHT WAKE-UP CALL While clothes shopping with my daughter, I didn't want to come out of the dressing room. My self-esteem was so low, and I regretted showing her how insecure I was.

HOW I LOST IT After seeing a Jenny Craig commercial, I picked up the phone. It took a year but I never felt like I was on a diet—I had Chocolate Cheesecake on my menu!—and my consultant, Amy, motivated me every step of the way.

FAVORITE WORKOUT MOVE Prasarita Padottanasana, a forward-bend yoga pose with legs spread wide apart. The breathing method strengthens my lungs for running, and the move stretches my hamstrings.

GO-TO HEALTHY DISH Grilled chicken with teriyaki sauce, brown rice and vegetables.

FUN THING I CAN DO NOW Wear dresses and 3-inch platform heels! When I was heavier, I always wore jeans with elastic waistbands and Crocs. Now my daughter and I share jeans and raid each other's closets!

STAY-MOTIVATED MANTRA You've got to get up every morning with determination to go to bed with satisfaction.



BEFORE
Until she lost the baby weight, she was a size 18.



Kathy Amrose

39, MOM OF TWO
LIVONIA, MI
LOST 30 POUNDS

WEIGHT WAKE-UP CALL I saw the most dreadful photo of myself wearing 2XL sweatpants.

HOW I LOST IT I've always wanted to work out with a trainer, but getting to the gym and paying for it seemed out of reach. Then I found Wello.com, a website that arranges live workouts via webcam with personal trainers for about \$20 per session. The appointments were a huge part of making me stick with it. I knew there was someone waiting for me! I also followed the Fast Metabolism Diet, an eating plan that alternates carbs, proteins and healthy fats on different days of the week. In six months I was slimmer.

FAVORITE WORKOUT MOVE Sit-ups with legs in the air while you reach for your toes. They really work your abs.

GO-TO HEALTHY DISH A sweet-potato hash (shredded sweet potatoes sautéed in coconut oil) topped with two scrambled eggs. Besides being delicious, it starts off my day with protein, a vegetable and healthy fat.

FUN THING I CAN DO NOW Go water skiing! I hadn't done it since I was a teenager.

STAY-MOTIVATED MANTRA It's all about choices—like opting to get up early and work out or deciding to chop vegetables instead of reaching for a bag of chips.



BEFORE
She started out in size 14 jeans.





Charlene Juliani

42, MOM OF SIX
CARMICHAELS, PA
LOST 35 POUNDS

WEIGHT WAKE-UP CALL I was diagnosed with adult-onset asthma 13 years ago. The more pounds I put on, the more severe my attacks became. I was afraid that if I didn't slim down, I would need a breathing machine at night.

HOW I LOST IT When I turned 40, I decided to reinvent myself. I signed up for Nutrisystem, which, in addition to delivering food, taught me about portion sizes, combining protein and carbs with each meal and hydration. I couldn't even walk down my street and back, so I walked in place in my kitchen for 10 minutes at a time. When I could do that, I began walking outside. Suddenly exercising no longer seemed like a chore and I dropped the weight in 10 months.

FAVORITE WORKOUT MOVE Toning my arms with alternating push-ups and triceps dips on stairs or park benches.

GO-TO HEALTHY DISH A salad with three types of greens, lean meat, reduced-fat cheddar cheese, carrots, tomatoes, green peppers and a hard-boiled egg. I dip the salad in dressing instead of pouring it on.

FUN THING I CAN DO NOW Color Runs. They're 5Ks where runners are splashed with a different colored powder at each kilometer checkpoint.

STAY-MOTIVATED MANTRA With a little hard work and determination, anything is possible.



BEFORE She went from a size large to a small.

Christie Joyce Bautista

36, MOM OF ONE
LOS ANGELES, CA
LOST 20 POUNDS

WEIGHT WAKE-UP CALL I saw pro boxer Manny Pacquiao step on a scale before a fight and realized I weighed as much as he did!

HOW I LOST IT My best friend asked me to do a POUND workout with her. It's a cardio class that uses weighted drumsticks. That session kicked my butt. Still, I couldn't stop smiling and was hooked. Eating six small meals a day, never skipping breakfast and logging workouts and snacks on the MyFitnessPal app also helped. In 10 months I was a new woman.

FAVORITE WORKOUT MOVE The back kick twist: It's an ab twist with alternating leg raises that works your entire core all at once.

GO-TO HEALTHY DISH Turkey meatloaf muffins: ground turkey mixed with seasonings and baked in a muffin tray, with veggies on the side.

FUN THING I CAN DO NOW I became a certified POUND instructor! I love seeing that I'm making a difference in my students' lives.

STAY-MOTIVATED MANTRA Be an inspiration.

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Go to familycircle.com/hotclasses to get the scoop on five other exciting workouts.



BEFORE Even her kids noticed how unhappy mom was at 180 pounds.



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TIDY CATS

...that litter!"



PURINA
TIDY CATS

Weight-Loss Matchmaker

Wondering where to begin on your weight-loss success story? We asked John Rowley, wellness director for the International Sports Science Association and author of *The Power of Positive Fitness*, to help you navigate your best bets.



familycircle.com

Go to familycircle.com/howilostit to read more weight-loss success stories from women just like you.