

THE #1 SECRET TO WEIGHT-LOSS SUCCESS! p.41

# Health

**WOW!**  
**INSTANT  
ENERGY  
BOOST**  
p.18

**WALK  
A LITTLE,  
LOSE  
A LOT**

Drop 12 Lbs  
In 4 Weeks!

**BREAST CANCER**  
Simple Ways To  
Slash Your Risk

*Belly, Butt, Thighs!*

**TONE  
EVERY  
BULGE**  
In Just 10 Minutes!

**EAT YOUR  
WAY SLIM**

7 Amazing  
Fat-Burning  
Foods

**All-Natural  
Allergy Cure**  
It's True!  
See p.69

*Zoey  
Deschanel*  
Her secrets to  
a sunny life

**Gorgeous  
For Less!**

83 Best Buys For Your  
Skin, Hair & Body

# "I lost 72 lbs—without a diet"

Tracy Ring found easy ways to exercise and dropped five dress sizes.

As told to Jacquelyne Froeber

IN JANUARY 2007, my friends and I were making resolutions. Mine was to lose a few pounds—no big deal. I'd always been chubby but thought I "carried it well." I didn't know how wrong I was: when I stepped on the scale, it read 242 pounds. I was heavier than some football players!

The next day, I hit the gym. I managed to find a treadmill behind a pole, so nobody could see me work out. To avoid feeling self-conscious, I started going to the gym at odd hours (like 3 a.m.!) and tried different routines like Spinning, weight lifting, yoga, and cycling. And I used a Polar heart-rate monitor to push myself to burn more calories.

Dieting was a real challenge. As an information-technology consultant, I'm constantly traveling (more than 200 nights a year), and I relied on fast food and chocolate cake to comfort me after long days. Since my job makes eating out inevitable, I needed to make better choices. I started asking for meats grilled, without sauce or cheese, and salad dressing on the side. I also kept healthy snacks like Larabars in my carry-on and tracked my calorie count (1,500 per day) online, so I wouldn't overindulge or deprive myself.

After 11 months, I lost 72 pounds. I'm now thinner and healthier than I was in high school!



Tracy Ring, 31 Chicago

NOW: 170 lbs Size: 10

GET INSPIRED! Find more success stories at [Health.com/success](http://Health.com/success). And to share your own triumphant tale, send an e-mail to [Ask@Health.com](mailto:Ask@Health.com). [Health.com](http://Health.com)

## From Size 20 to Slim



**CONGRATS!** To help keep Tracy motivated and fit for future triathlons, the fitness-and-sports facility **East Bank Club** in Chicago is giving Tracy a **\$100 gift card**. Enjoy!

Top right photo: Eric Olson