"My daughter pulled me out of the health danger zone."

THE SUCCESS STORY

CATHY GIPSON, 62
Lost 50 pounds (and her cholesterol is down 100 points!)
"For more than a year, my daughter Karen kept asking me to come to a Zumba class she teaches, but I always gave her an excuse. I was on three blood pressure medications, and I had no energy to do anything but lie on the couch. Plus, I'm stubborn. Karen finally got my attention when she stopped asking. Instead, she told me, 'I have a client your age, and she's a rock star in class.' I thought, if that woman can do it, so can I. The first class, I was all left feet and couldn't keep up. But the other people were so supportive—they made it OK to be a beginner. I kept going back, and quickly started to enjoy myself. I've dropped three dress sizes and got off all my blood pressure meds!"

THE NUDGER

KAREN ARCENEAUX, 42
"When my mom first started working out, she couldn't do a single push-up. She did 120 in an exercise class recently!"