

SPECIAL DOUBLE ISSUE

People

50
DIET
SECRETS
REVEALED!

HOW THEY
DID IT

HALF
THEIR
SIZE!

LOST
131
LBS.

LOST
114
LBS.

BEFORE 240 LBS.

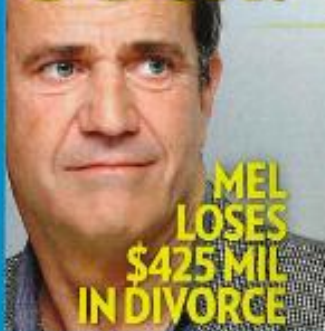


BEFORE 234 LBS.



No Surgery!
No Gimmicks!
Real Success!

OUCH!



MEL
LOSES
\$425 MIL
IN DIVORCE



KATE'S FIRST
Royal
CHRISTMAS!



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BIGGEST
MYSTERIES
FACTS & FICTION

JANUARY 9, 2012
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lost
131
lbs.

lost
225
lbs.

lost
165
lbs.

lost
203
lbs.

lost
146
lbs.

lost
150
lbs.

We Lost **HALF OUR SIZE!**

NO GIMMICKS, NO SURGERY, NO TURNING BACK. HOW SIX WEIGHT-LOSS WINNERS WENT FROM FAT TO FAB—AND LOST AN ASTOUNDING **1,020 LBS.**

Crystal Evans

Natalie Rungruang

Tyler Synan

Youlanda Marshall

Marge Lyse

Angela McCullough

→ Half Their Size

Traded Pizza for Zumba

→ **YOULANDA MARSHALL LOST 146 LBS.**

AGE | 34 **HEIGHT** | 5'4"
HOMETOWN | HOUSTON
OCCUPATION | MIDDLE SCHOOL ENGLISH TEACHER
WAS | 292 LBS. **NOW** | 146 LBS.

HER FOOD WEAKNESSES "It started in college: No one can tell you not to have bean and cheese nachos at 2 a.m. The people at the pizza place around the corner knew me by name. Eventually I realized, 'I'm almost 300 lbs.!' It was overwhelming. I felt hopeless."

HER TIPPING POINT "In my fourth year of teaching, I came back from Christmas break and had gained 17 lbs. I was out-of-control eating. I joined Weight Watchers and started using a program at Curves that tracks your calories and repetitions. I learned I was socializing during my gym time, not necessarily working out!"

HER LIFE NOW "I have an addiction—Zumba. I do whatever I have to to get to class. And dancing: Before, I'd get winded. Now I can last the whole song!"

QUICK TIP

"Pack snacks in your purse. I have a snack bar, two apples and light potato chips."



“
My arms had gotten so big. Now I get tons of compliments on them!”

→ **Half** Their Size

lost
2/3
her size



Wendy McConkey

Age 38 **Height** 5'5"
Lives in Tacoma, Wash.
Now 147 lbs.

I would eat until I'd go to bed. I loved chips, crackers—stuff that is easy to keep consuming without realizing how much you're eating. As a kindergarten teacher, I couldn't get down on the floor with the kids because I couldn't get back up again. In 2005 I had only one seat on a plane, and the arms dug into my sides and gave me bruises that lasted a week. I joined Weight Watchers a year later. After I lost 35 lbs., I started walking a half mile but would have to stop twice. After a year and a half, I'd lost about 130 lbs. and was walking three miles three days a week. In 2007 I weighed 320 lbs., and I took my first Zumba class; I couldn't believe I was able to hang in there the whole hour! Now I teach five classes a week, and I've made so many friends. I finally feel like I'm not hiding the real me anymore.

“
I used to
keep a bag of
candy in my
nightstand.
That's something
I'd never do
now”
”