

SPECIAL DOUBLE ISSUE

People

50
DIET
SECRETS
REVEALED!



LOST
131
LBS.

HOW THEY
DID IT

HALF THEIR SIZE!



LOST
114
LBS.



**No Surgery!
No Gimmicks!
Real Success!**

OUCH!



MEL
LOSES
\$425 MIL
IN DIVORCE



KATE'S FIRST
Royal
CHRISTMAS!



HOLLYWOOD'S
BIGGEST
MYSTERIES
FACTS & FICTION

JANUARY 9, 2012
DISPLAY UNTIL JANUARY 16, 2012

\$4.99US



PEOPLE.COM



lost
146
lbs.

lost
203
lbs.

lost
150
lbs.

UR 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.**



Youlanda Marshall



Marge Lyse



Angela McCullough

by ALEXIS CHIU, ASHER FOGLE, LIZA HAMM & THAILAN PHAM

photographs by PERRY HAGOPIAN

→ **Half Their Size**

“
**I'm proud
of my waist!**
I used to
kid that I used
a hula hoop
for a belt”



Once a Stress Eater, Now an Ice Skater

➔ **MARGE LYSE
LOST 203 LBS.**

AGE | 52 **HEIGHT** | 5'9"
HOMETOWN | NAPERVILLE, ILL.
OCCUPATION | BILLING ASSISTANT
WAS | 378 LBS. **NOW** | 175 LBS.

HOW SHE GAINED WEIGHT

"When I was dealing with a divorce, my comfort was food. I'd eat fast food in the car, throw away the evidence and then have dinner with my family. Later I'd gorge on a huge bowl of cereal with whole milk in the middle of the night."

HER MOMENT OF SHAME

"At a party I was dancing, and I was really sweaty but too embarrassed to take off my blazer. I collapsed into a chair from heat exhaustion. I couldn't let my kids [Kim, now 28, and Eric, 26] see me like that anymore."

HER LIFE CHANGES "I wanted to get below 200 lbs. I started going to the gym three times a week. I joined Jenny and got a BodyMedia Fit armband, which tracks my calories and activity. I love ice skating with my husband [she remarried in '07] because I'm not afraid of falling; I can get back up now!"

QUICK TIP

It's easier to work out with a buddy pushing me on.



PHOTOGRAPHY: CATHIE WOODS/PHOTOHUB; STYLING: LISA BIRNBAUM; HAIR: JEFFREY LITZKE/PHOTOHUB; MAKEUP: JESSICA LITZKE/PHOTOHUB; GROOMING: JESSICA LITZKE/PHOTOHUB; SHIRT: JESSICA LITZKE/PHOTOHUB; DRESS: JESSICA LITZKE/PHOTOHUB; SHOES: JESSICA LITZKE/PHOTOHUB