

# WE LOST HALF OUR SIZE!



BRANDY BLACKBURN

LOST 177 LBS.



JAIME STOVALL

LOST 155 LBS.



CRISTINA TAVERAS

LOST 178 LBS.



DAVID KEENAN

LOST 180 LBS.



WENDY ECK

LOST 183 LBS.

FIND OUT HOW THESE FIVE PEOPLE SAID BUH-BYE TO DONUTS FOR BREAKFAST, DOUBLE ORDERS OF FRIES—AND AN AMAZING TOTAL OF 873 LBS.

PHOTOGRAPHS BY JEFFERY SALTER



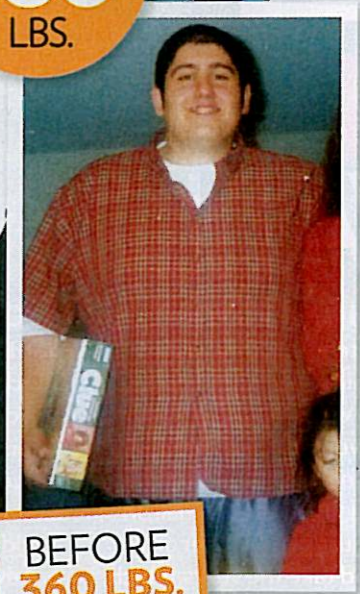
BEFORE 340 LBS.



BEFORE 290 LBS.



BEFORE 326 LBS.



BEFORE 360 LBS.



BEFORE 328 LBS.

## HALF THEIR SIZE

"I'm a totally new person—and I love this new person," says Keenan, whose hobbies now include water sports.

NOW  
**180**  
LBS.

"When I was going into high school, I just ate a lot—I was always that big kid in school. I never had any discipline or control; I was a closet eater. I ate at the wrong times, the wrong foods, whatever I wanted and whatever I could: two orders of curly fries, nachos with extra cheese, all of it. The day in early 2003 I decided to change my life, I went to the doctor for an earache and he told me I was too fat. I felt such an immense sense of shame. I was only 19 years old! Then my sister told me about the Power 90 workout tapes [a 90-day, circuit-training boot camp], and I started in March 2003. Later I did other workout DVDs—Slim in 6, and P90X—and changed my diet, snacking on protein bars, eating egg white omelets and turkey on whole wheat. When I first started, pull-ups seemed impossible to me; I couldn't do any. Now I can do 15 in a row. That's an amazing thing."

"I felt like I was being judged all the time," says Keenan (in '03).

**DAVID KEENAN**

AGE 26 / HEIGHT 6 ft. / HOMETOWN Hacienda Heights, Calif. / OCCUPATION Bartender

THEN  
**360**  
LBS.

