

YOWZA!
\$2,575



BEFORE
WEIGHT
173

**Cynara Charles-
Pierre, 35**



AFTER
WEIGHT
148

- **WHAT SHE BOUGHT:** Power 90 workout DVD series, \$75, and 60 days' worth of food from Zone Chefs (now called Chefs Diet), \$2,500
- **WORKOUT ROUTINE:** Thirty to 60 minutes of Power 90 (a workout that alternates cardio and sculpting moves), five days a week

"I hate going to the gym, I'm a breadaholic, and I love Southern food. Add that together over time and you'll see how I gained weight. In January 2007, I experienced my second miscarriage. It forced me to ask myself: Am I the healthiest I can possibly be? There was a lot I couldn't control about pregnancy, but I could take charge of what I put into my body.

"The biggest problem was that my husband and I don't get home from work until 8 or 9, so we were living on takeout. I knew I would never have time to make fresh, healthy meals every night. I needed something that I could pop into the microwave. I found Zone Chefs online; they deliver three healthy, heat-and-eat meals and two snacks per day. It's pricey, but not so far off from what we were paying for takeout. And spending the money made me really committed to sticking with the program. My husband didn't eat them with me every night, but even he lost a few pounds.

"Once I started losing weight, I also began working out with the Power 90 DVD series, which I heard of through a friend who transformed her body. The workouts are super-challenging, so I never get bored. When I was younger, I had great arms and abs, and I'm so psyched that I'm getting them back! My husband and I are still trying to have a baby, but at least I know my health is where it needs to be."