



10 Things YOU DIDN'T KNOW ABOUT Julie Hadden

Julie Hadden struggled with her weight her whole life. When she announced she was auditioning for the fourth season of *The Biggest Loser*, friends and family were supportive, but she knew, few people expected her to go very far. In fact, *her* only goal was not to be the first contestant sent packing. Fans of the show now know Julie was never voted out. She made it to the show's finale, where she revealed her 97-pound weight loss (a staggering 44.5 percent of her total body weight), the third-largest percentage lost by any woman in the history of the show. Since then, Julie's life has been a whirlwind of personal appearances and interviews. But most importantly, she and her husband Mike adopted a newborn, a boy named Jaxon.

1. If you talk to anyone from the show, they all know me as "Poodle." I was wearing my hair on top of my head like one of the other girls, but mine looked like a big poof. [Trainer] Jillian [Michaels] saw me and said, "My God, you look like a *poodle!*"

2. I love pizza. I haven't had it since August, though, because, to me, it's like Pandora's box or a long-lost friend I haven't seen in years who I want to move in and never leave.

3. I am really clumsy. I've broken my leg twice. I broke my wrist. And when I was younger, I was wrestling with my aunt and broke my nose.

4. The first race I ever ran was a half-marathon. It was my [local] trainer's idea. Before that, the most I'd ever run [at one time] was 20 minutes on a treadmill. I didn't think I could do it.

5. In the hospital, when I would hold Jaxon, I felt like I was holding someone else's baby. I just wouldn't let my heart go there yet. But the minute I walked out of the hospital with him, I fell in love. It was the most amazing thing. We named him Jaxon, which means "God's been gracious."

6. I have so many pet peeves. I hate clutter; I throw away *everything*. I hate when people are eating and they scrape their teeth with their fork. I hate dirty microwaves and when people chew gum like a cow.

7. It is extremely humbling to know that you've done something that inspires other people. I was at a *Biggest Loser* [audition] in Wichita and this woman came up to me and said, "If you can do it, so can I," and then started sobbing. It almost doesn't seem real, because a year ago I was the person standing in that [audition] line and was embarrassed to be there.

8. The one thing I cannot live without is mascara. My hair is so blond it looks like I don't have any eyelashes. I look like an embryo without make-up.

9. My first week on the show I only lost two pounds. I felt so defeated and had no hope for myself. But to lose weight, you really have to believe that you can do it. It took about three weeks to find that fire inside that I didn't even know I had.

10. I'm lucky that I don't have a lot of excess skin [after losing weight] like a lot of people do. I really like what a past contestant said about them being our battle scars. Sure, my butt is a little droopy, but I'd rather have the skin than the fat that filled it up. And it's not like I ever planned on being a swimsuit model. *J