

How the Biggest Losers have

KEPT OFF 1,088 POUNDS!

Keeping weight off can be as hard as dropping it — check out these winners' secrets to success

Michelle shares big dishes

Michelle Aguilar lost 110 pounds to become the season six winner, but she gained plenty after the show — her new hubby, Micah! “We were friends before, but after *Biggest Loser*, I made some drastic changes emotionally,” Michelle tells *In Touch*. To maintain her size-6 figure, the 28-year-old public speaker hits the gym four times a week and eats an average of 1,400 calories a day, but won't deprive herself of a treat. When she goes out to eat, Michelle will split the bigger dishes and desserts with her friends. “I can indulge and we all share, so everyone wins!”

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Michelle has kept off 102 pounds for nine months

Roger loves to sweat

Former football star Roger Shultz took his passion for sports and turned it into a new profession (he's a commentator for *Morning SportsCenter* and *In The Trenches*), but he still exercises like a pro! The season five runner-up, who has a son Ivan, 7, with wife Paige, does Vikram yoga whenever he can. “I love to sweat, sweat, sweat!” Eating 3,000 calories a day, Roger, 41, makes sure his output matches his intake. “People see me as an inspiration and I can't let them down.”

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Roger has kept off 128 pounds for 17 months

Ali won't go two days without a workout

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Ali Vincent took home the title of *The Biggest Loser* in season five and she's managed to keep off the weight for more than a year. "I was 234 pounds when I started the show and 122 at the end," she tells *In Touch*. "I'm usually now 125 or 130 pounds." Even though 5'5" Ali has been so successful at staying healthy, she admits the adjustment was difficult. "When I was on the show, I thought it was the hardest part of my life, but since then I realized that maintaining the lifestyle has been even harder."

Before *The Biggest Loser*, Ali says she hadn't worked out in more than 10 years. "I lost confidence and felt bad about myself," the Arizona native reveals. But now the 34-year-old hairstylist-turned-author of the upcoming book *Believe It, Be It*, states, "I won't go more than two days without doing something active. I have to keep my metabolism on its toes."

Ali exercises with her trainer for an hour three times a week doing resistance work, and swims or takes a cardio class on her own at least twice a week. She also sticks to a 2,000-calorie-a-day budget and eats every three to four hours. "It's really just focusing on being strong and having energy," Ali tells *In Touch*. ➔



Ali has kept off 109 pounds for 17 months

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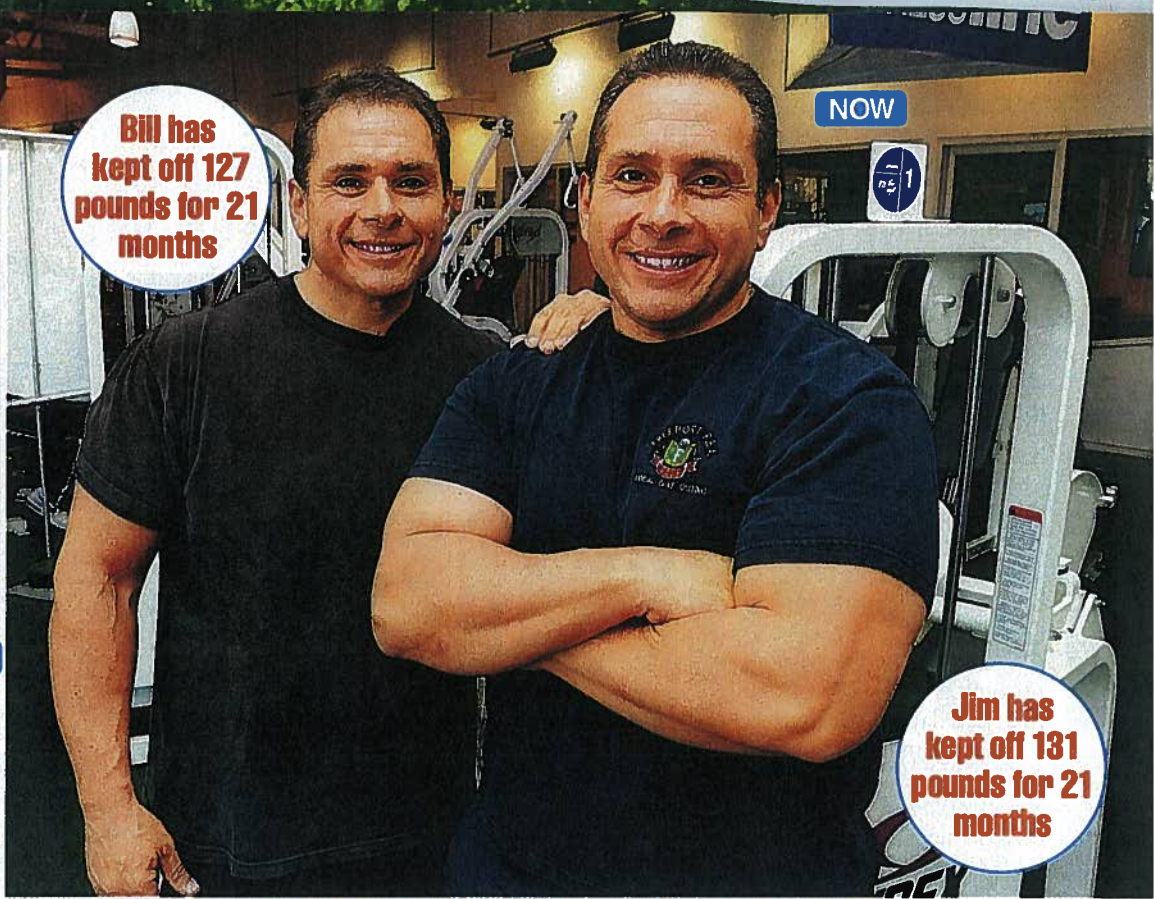
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Bill has kept off 127 pounds for 21 months

Jim has kept off 131 pounds for 21 months



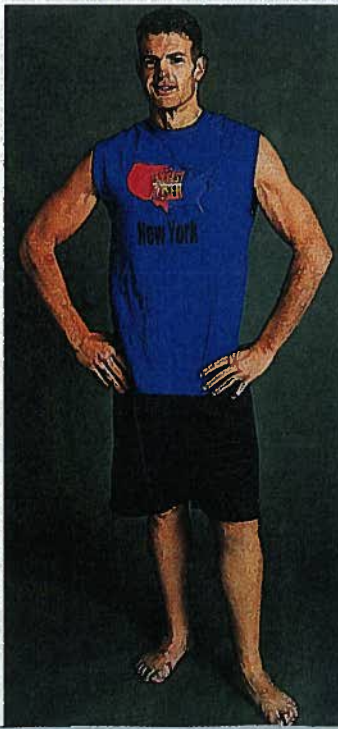
THEN



Bill and Jim turn to family for support

Twins Bill and Jim Germanakos, 43, have made getting healthy a family affair. "You have to make time for it," Bill says of the healthy way of life. He says he averages 12 hours of exercise a week and sticks to a strict diet and caloric intake, splurging just once a week on pizza. Season four at-home winner Jim, who is a father of three, including a gymnast daughter, says their inspiration comes from wanting to live longer than their father, who died at 57. "I'm sorry I didn't get to talk about health and fitness with him when he was alive," he says. "Living is my biggest motivation."

Erik gained back most of his weight loss



Season three winner Erik Chopin shed an impressive 214 pounds in 2006, going from 407 pounds to 193 pounds. But the weight slowly crept back. By January 2009, the then-39-year-old father of three regained 122 pounds and now a friend says he could be close to 400 pounds again. But Erik is doing the best he can to get back in shape. He started blogging about his struggles and discovered that stress might be one of the main reasons for his weight gain. "I am still not back on track totally," writes Erik. "I need to get focused and stop putting this one off." For starters, he's planning to run the New York City marathon in November.

LEFT PAGE CLOCKWISE FROM TOP: LEFT: MITCHELL HAASET/NBCU PHOTO BANK; CHRISTIE FARRELL/SHUTTERSTOCK; BARRY BROWN/SPIN; LEVINSON/GETTY IMAGES; JASON MERRITT/GETTY IMAGES; RIGHT PAGE: TRAE PATTON/NBCU PHOTO BANK; ANDREW COPPA/SHUTTERSTOCK; NBC UNIVERSAL/MITCHELL HAASET

Tara loves to take classes with pals

Season 7 runner-up Tara Costa has had an on-again/off-again modeling career, but the blond beauty is now a model of success. After shedding an astonishing 155 pounds, single girl Tara, 24 — who is currently training for the New York City marathon — makes sure to mix up her workouts to stay on track. And she wisely keeps friends close at hand for motivation. “I’ll do whatever they’re doing,” she says. “Whether it’s yoga, a dance class, biking, swimming or spin, I try everything!”

Tara has kept off 137 pounds for four months

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Julie has kept off 88 pounds for 21 months

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Julie cheats once a week

For season four runner-up Julie Hadden, life after the *Biggest Loser* has been quite a transformation for her whole family, which includes her husband, Mike, son Noah and new addition Jax, 19 months. “The best thing was teaching my 8-year-old son to ride a bike because I could finally run after him!” After keeping a healthy diet of egg whites, pita sandwiches and lean meats on the grill, Julie, 37, will allow herself a day to splurge. “Once a week, I’ll have a high-intake day and eat whatever I want, which is usually pizza or chocolate,” she says. “You don’t want to miss out on those things.”



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Matt has kept off 114 pounds for three years

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Matt hired a nutritionist

When Matt Hoover fell offtrack and started to gain some of the 157 pounds he'd lost, he hired a nutritionist to help him, and now he's prepping for the Iron Man competition. "I eat at least 3,000 calories a day," says Matt, 33, of his new diet, which is designed to help him compete, versus just lose weight. "I eat salads, whole-wheat pasta, brown rice, broccoli and powdered drinks for the right amount of calories and carbs." Along with his wife, fellow contestant Suzy — with whom he has two sons, Rex, 2, and Jax, 1 — Matt is running, biking and swimming. He's also working as a motivational speaker, teaching others how they can get fit, too!

CLOCKWISE FROM TOP LEFT: INCI, NBC UNIVERSAL, INC.; TRAE PATTON/NBCU PHOTO BANK; INCI, NBC UNIVERSAL, INC.; TRAE PATTON/NBCU PHOTO BANK; INCI, NBC UNIVERSAL, INC.

Helen has
 lost 122
 pounds for
 12 months

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Helen said goodbye to fad diets

After a lifetime of struggling with her weight, Helen Phillips is down to 135 pounds and finally done with yo-yo dieting. The 49-year-old mother of three says she no longer buys into fad diets, but rather lives a healthy lifestyle. "The show made me realize I can achieve things and there is no way I'm going back to the way I was." She threw out her junk food and stocked up on healthy alternatives like grilled fish and lean turkey, and she's never felt better. "I haven't eaten French fries," says Helen. "And I don't want them!"

Ryan is back on track

After getting down to 208 pounds on the show, Ryan Benson returned to his real life with his wife and three kids, and let his health program slide. "It's hard to keep up with, and life took over and I definitely lost focus," says Ryan, who is now weighing in at 300 pounds, just 30 pounds less than he was when he started the show. "But I have the knowledge and the tools to improve things — I know how to eat right and I'm doing it now." Along with eating well, Ryan tells *In Touch* that he's training for a triathlon, which has motivated him to exercise regularly. "I just want to look at the mirror and feel good about myself!"

Ryan has
 kept off
 30 pounds for
 four years



THEN



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ALL THE SECRETS FROM THE NEW SEASON!

The theme for season 8 is second chances, with contestants including Amanda Arlauskas, who won her spot on the show when America voted for her during last season's finale. The 19-year-old is dishing about what you don't see on the show, exclusively at intouchweekly.com every Wednesday. "I plan on getting very far!"



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DRAMATIZATION: Cartoons lose weight easily. Real people require regular exercise and a reduced-calorie diet to lose weight.