

“I did it...and kept it off!” In the better-body biz, Jillian Michaels is the best there is—and these three former *Biggest Loser* contestants are living proof. With her help, they lost a combined total of 312 pounds and got fitter than ever. SELF asked the weight loss winners to share their most meaningful lessons so you can benefit from Michaels’s motivational mojo, too. Prepare to be inspired!

“ I lost 110 lbs, and I’m living life to the fullest! ”

MICHELLE AGUILAR, 28, Season 6

My Jillian moment When I arrived at the *Biggest Loser* campus, I thought, I’m not here to make friends, especially not with Jillian. I didn’t want friends, and I didn’t need them. About five weeks later, I mentally checked out and decided to leave. I was done. I had assumed Jillian wouldn’t care, that she’d yell at me and let me go. Instead, she said, “I’m going to support you whatever you do, but I want you to stay. I believe you should be here.” She was looking out for me.

Now I get it. The one thing I thought I didn’t need was the one thing I ended up needing the most—a support system. From that point on, I knew I could put my trust in Jillian and the other contestants. We were a real community.

In a nutshell To get through life’s challenges, lean on those around you.



“ I lost 97 lbs, and I’m thankful for my new body! ”

JULIE HADDEN, 37, Season 4

My Jillian moment As the smallest contestant, I was feeling defeated, as if I didn’t have a chance. How could I possibly lose as much as the others? One day, I was running on the treadmill. Jillian came up to me and said, “Get out of the gym.” I was shocked—in my mind, I hadn’t done anything wrong! I asked when I could come back. And she said, “When you can say ‘Why not me?’ instead of ‘Why me?’”

Now I get it. I realized she was right—why not me? I was as capable as everyone else. The following day, I went back to the gym and told her, “I want to live the life I was meant to live, and I will give this everything I have.” Staying within 10 pounds of my finale weight takes a lot of hard work, but it feels so wonderful.

In a nutshell Never feel sorry for yourself. Expect nothing less than your best.



“ I lost 105 lbs, and I’m an athlete now! ”

HOLLIE SELF, 30, Season 4

My Jillian moment During my season, the contestants were sent on a trip to Jamaica to see how we’d fare away from campus. The cameras were turned off when Jillian pulled me aside and reamed me out! She said, “Hollie, you’re too closed off. Don’t you understand this process is about so much more than eating and exercise? You have to make yourself vulnerable; you have to take risks.”

Now I get it. Jillian showed me that I was too afraid of failing and it was holding me back. I couldn’t let my fears determine what I could and couldn’t do, and whether I succeeded or not, I at least had to try. Yes, the scale fluctuates, but I’m OK with that. I compete in triathlons, and I just ran the New York City Marathon!

In a nutshell Face your fears—it’s the only way you can make progress.



Now it’s your turn!
Flip the page to start firming.