



Nutrisystem Client!!



HALF THEIR SIZE

WE LOST HALF OUR SIZE!



LOST 177 LBS.

LOST 155 LBS.

LOST 178 LBS.

LOST 180 LBS.

LOST 183 LBS.



BEFORE 340 LBS.



BEFORE 290 LBS.



BEFORE 326 LBS.



BEFORE 360 LBS.



BEFORE 328 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

WENDY ECK: THEN 328 LBS.

THE MOM OF TWO SAYS SHE LIVED ON JUNK FOOD AND "DRANK NOTHING BUT SODA" UNTIL A TRIP TO DISNEY WORLD IN 2008. "I COULDN'T RIDE ANY OF THE RIDES, AND I COULD BARELY WALK AROUND," SAYS ECK, 40.



WENDY ECK: NOW 145 LBS.!

SHE JOINED NUTRISYSTEM, AND NOW "I ACTUALLY LOVE SALAD," SAYS THE BARTO, PA., SHIPPING MANAGER, WHO WORKS OUT ON A TREADMILL, BIKE AND ELLIPTICAL TRAINER EVERY DAY FOR 80 MINUTES. "BEFORE, IT WAS A NIGHTMARE TO SHOP. THE BEST THING IS, ANYTHING I WANT TO BUY FITS!"