

# REAL-LIFE SLIMMING SECRETS

DORI ARINIELLO developed her own diet plan to drop 78 pounds. The 37-year-old mother of two adopted kids decided to lose weight when she caught herself huffing and puffing while carrying her baby son up the stairs.

"I knew I had to change my ways so I could be a better mom for my children," she says.

Dori did some research and decided a high-protein diet low in sugars and fats was right for her. Then she took her commitment one step further and created an Internet blog where she posted her progress, her photos and her frustrations for everyone to see.

"That was my secret weapon," she reveals. "Once I was on the Internet, I was accountable for my actions."

Her husband, Dave, 42, bought her a cardio and weight training DVD that Dori followed faithfully for an hour a day, at least five days a week. And it took the 5-foot-7 account executive from Charlotte, N.C., only 13 months to go from 217 pounds to svelte 139.

"The weight just poured off and I



THEN

Dori Ariniello kept an Internet blog to help her lose weight. Now she's all smiles (right) as she holds son, D.J.



WOW!

## DORI KICKS JUNK FOOD & DROPS 78 POUNDS

could see my body was getting tight and toned," she says. "I was no longer that frumpy mom by the swimming pool. I no longer huffed and puffed playing with my 15-month-old son,

D.J. My 5-year-old daughter Anna Lise now asks me to exercise with her, so I know I have become a good role model for her.

"When friends ask me if I miss all

that junk food I used to eat, I now smile and say, 'Nothing tastes as good as being thin!'"

*Weight Loss Tip:* "Be accountable for your weight loss."



THEN

WOW!

Kenneth Shooltz used Nutrisystem to shed his bulk

## HUBBY'S WAIST SHRINKS 16 INCHES!

SERIOUS heart problems didn't convince Kenneth Shooltz to lose weight - but a trip to China did!

"The group we were with kept calling me Happy Buddha because I was so fat," says Kenneth, 56, who needed stents to open two blocked coronary arteries and prevent a heart attack in 2001. "I didn't like the nickname, but when the rickshaw driver gave me a real dirty look because he had to haul my fat butt, I got mad enough at myself to do something."

When 315-pound Kenneth and his wife Krista, 50, returned to the U.S., they spotted an ad for Nutrisystem. "My wife said, 'If Marie Osmond can lose weight on this plan, why not give it a shot?'" he recalls.



THEN

WOW!

Kenneth's wife Krista also went on the plan to slim down

Within seven months, he dropped 120 pounds off his 6-foot-4 frame. Krista, who now weighs 149, joined him and lost 27 pounds too!

"My waist shrank from 50 inches to 34," Kenneth says. "In fact, I just bought a pair of 33-inch jeans. And I'm feeling younger than ever."

The Department of Transportation employee from Jennings, Fla., has a lot more energy, too.

"Before I lost weight, I could barely walk up my driveway," he admits. "Now I run up the driveway and mow my own 6-acre property. And my wife looks better in a bikini than she did at age 18!"

*Weight Loss Tip:* "Learn to love vegetables!"

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