



**BRISTOL PALIN**  
Gives Birth to a Boy!



**EXCLUSIVE**  
**OPRAH** HOW SHE'LL LOSE THE WEIGHT IN 2009

SPECIAL DOUBLE ISSUE

# Real People

**HALF THEIR SIZE**

**HOW THEY LOST 437 LBS!**



**NOW 154**

**NOW 119**

**NOW 126**

**THEN 340 LBS.**



**THEN 240 LBS.**



**THEN 256 LBS.**



**Real People, Real Diets, Every Budget**

JANUARY 12, 2009

HALF THEIR SIZE

# ARYA FARZIN

AGE 21 HEIGHT 5'11"  
HOMETOWN Potomac, Md.

## THE ALL-DAY GRAZER

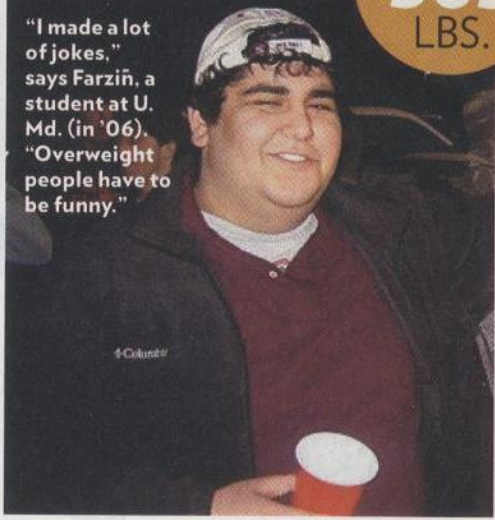
"Growing up, we always had food everywhere. Even if it was just fruit, I'd be eating all day long. By the time I went to college, I had terrible habits; I'd just order food and watch TV all day. I could eat a huge cheesesteak, and then a couple of hours later, a whole pizza with two liters of soda. Heartburn was the only thing that would stop me. It got to the point where I was so big, I was embarrassed to go out with my friends. I didn't want to be seen. That Christmas my uncle told me he lost some weight on NutriSystem and offered to let me live with him so he could help me. I followed the meal plan like a robot. It was a shock to the system, but the results kept me going. I still have dreams that I'm fat, but I'm confident I won't gain it back."

NOW  
**161**  
LBS.

THEN  
**365**  
LBS.



"I made a lot of jokes," says Farzin, a student at U. Md. (in '06). "Overweight people have to be funny."



## DINNER

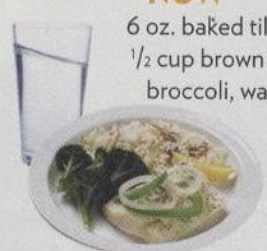
THEN



Cheesesteak, cheese fries, four beers

**1,460** Calories

NOW



6 oz. baked tilapia, 1/2 cup brown rice, broccoli, water

**450** Calories



“

I had been putting on 5 lbs. a year—it's so easy to do! So I decided to only buy healthy food: salads, fruit and veggies.”



**MARIE OSMOND**

By going on Nutri-System, Osmond, 49, lost 40 lbs. “I was a size 14 and I cut it down to a size 4!” she boasted.

NOW



NOW

**QUEEN LATIFAH**

Latifah, 38, lost more than 5 percent of her body weight with Jenny Craig and daily elliptical workouts.



NOW

**HORATIO SANZ**

The former *SNL* star, 39, lost around 100 lbs. by cutting back on booze and “eating better,” he has said.



**STAYING SLIM IN STRESSFUL TIMES**

Given today's economy, “it's a vulnerable time” to gain weight, says Robert Gould, M.D., of ShrinkYourself.com. Here are tips to avoid emotional eating:

- **MAKE A STATEMENT** Fill in the blanks: “I sometimes overeat when I feel \_\_\_\_\_. But after I overeat I feel \_\_\_\_\_.” Carry this statement with you and read it three times as a reminder not to stuff yourself before giving in to a craving.
- **ENLIST ALLIES** Recruit two people you trust to discuss your weight-loss goals and make a pact to call them when you're tempted to binge or eat the wrong foods.
- **TAKE A PAUSE** When you eat for comfort, it usually happens without thinking. Simply taking a deep breath and asking, “What am I really hungry for?” can keep you from gorging.