

## I DID IT! Reader Success Secrets



**Jonnica Elkins**

34, 911 dispatcher, Rochester, WA

**LOST** 75 pounds in two years

**TURNING POINT** My 2-year-old daughter couldn't wrap her arms around me for a hug anymore.

**BEST BITES** I ditched refined carbs—like my favorite grilled cheese on white bread—and switched to whole grains.

**SWEAT SESSION** I run every other day. For motivation, I put the stick-figure drawings that my girls made of me on the treadmill.

**THE BIG PAYOFF** I can enjoy the Pacific Northwest and go hiking with my family.

**MY TOP TIP** Start small and go slow; sometimes you need time to adapt to a new lifestyle.



**Eve O'Brien**

39, customer service rep, Cuyahoga Falls, OH

**LOST** 140 pounds in two years

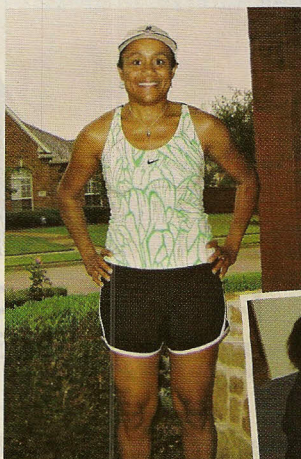
**TURNING POINT** I saw myself naked in a full-length mirror for the first time in years.

**BEST BITES** I replaced fast-food breakfast sandwiches with oatmeal, and at lunch, double burgers with small salads and fresh fruit.

**SWEAT SESSION** I walk every day in the summer and strength-train four times a week.

**THE BIG PAYOFF** I can wear high heels without toppling over. In them, my legs look longer, sexier and leaner!

**MY TOP TIP** Serve yourself half the portion you think you want. Fifteen minutes into dinner, you'll know if you need more.



**Lisa Keys-Blair**

42, risk manager, Frisco, TX

**LOST** 50 pounds in one year

**TURNING POINT** My doctor said that I had high cholesterol and needed to go on medication. I told him to give me eight weeks to lower it on my own.

**BEST BITES** I focus on portion control and make sure to fill up with a fruit and vegetable at every meal.

**SWEAT SESSION** I run four times a week and change up my strength routines—like trying Pilates—to beat boredom.

**THE BIG PAYOFF** Even with a family history of cholesterol problems, I'm in the clear and don't need meds.

**MY TOP TIP** Give yourself a goal every month. I sign up for 5K races.



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