

**I STAY
FITNESS
FOCUSED
WITH...**

Energy mix

It's my favorite preworkout snack, but it can be expensive, so I make my own. My favorite is 1 c. shredded wheat, ½ c. bran cereal, and 2 Tbsp. sliced almonds.

Shut-eye

I go to bed at 9:30 p.m. so I can be up at 4:30 to run 6 miles, which I do every day. It may sound crazy, but mornings are the only time I have for fitness.

My blog

I chronicle all my races in detail and post pictures, so I log on whenever I need a motivation boost.

Personal playlist

Instead of working out to standard hits, I made a playlist of songs that are special to me. For example, a Broadway soundtrack reminds me of a trip to Manhattan.

“I recently finished my first full marathon. I ran most of it. I can’t believe I’m a runner.”

I had been trying to get pregnant when I learned that I had polycystic ovarian syndrome, which can cause infertility. Eventually my husband and I adopted our wonderful son, Ian. As he became my priority, I put my well-being on the back burner, but I hated not being able to run around after him. When I saw that my sadness was bringing my family down, I knew I had to start taking care of myself.



Sondra Jarvis

Home **North Carolina**

Age **41** Ht. **5'5"**

Before **242 lbs.**

Lost **113 lbs.**

After **129 lbs.**

How **WW.com**

What was a “before” meal like for you?

Hamburger Helper and a tube of biscuits were definitely involved a few nights a week. We also ate a lot of fast food; it was typical for me to eat a box of donut holes over a weekend. If we ate out, I’d order 25 chicken wings and curly fries with extra blue cheese—and eat it all.

Fitness played a big role in your transformation. How did you get started?

I took a few short walks throughout the day. It took me a while, but eventually I was walking 1 hour every day. Then, around the time I reached goal, 20 of my WW message board friends and I decided to meet in Virginia for a 5K—my first one ever. I loved the experience so much that I did another one. So far, I’ve run six half marathons.

Have you changed the way you view food?

Absolutely—now I look at food as fuel. I eat every 2 hours, and when I’m actively training, I eat a lot of protein. A typical lunch is a peanut butter and banana sandwich, which has only **5 POINTS** values yet is filling and high in protein, healthy carbs, and fiber.

So, no guilty pleasures?

I still treat myself, but I’m in control now. For example, there’s an amazing frozen-custard place in our town. But here are my conditions: I go there only when the flavor of the week is one I really love, I get the smallest size, and I walk there and back.



Results not typical