

"My Lifesaving Slimdown"

After her brother died of a heart attack, **MC Hudson** knew she'd better lose big.

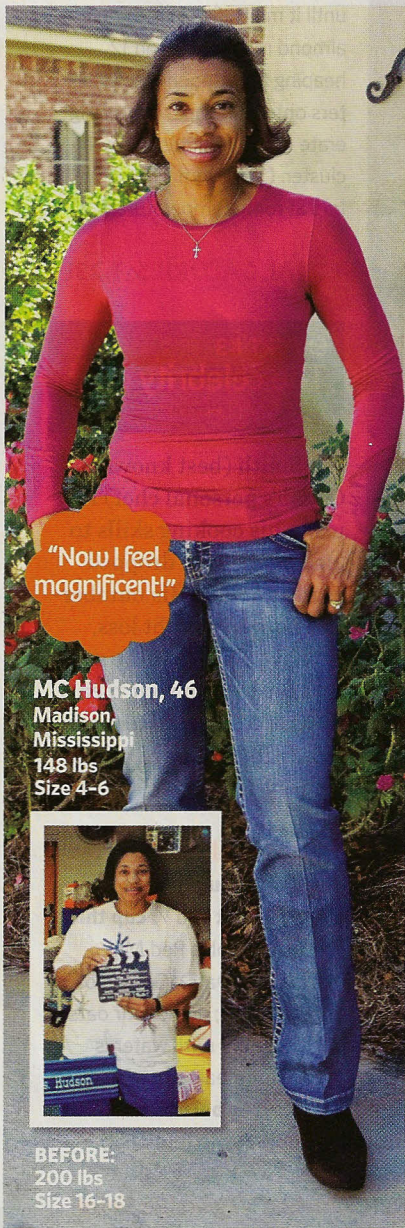
As told to Jacquelyne Froeber **WHEN MY** 44-year-old brother Curtis died of a heart attack in 2004, I realized the same thing could happen to me. He was obese, after all, and I had to admit to myself that I was overweight, too.

But when I went for a physical, I was shocked to see that the scale read 200 pounds. I asked my doctor for diet pills, but she told me to call the 800-number for Weight Watchers instead.

In January 2005, I went to my first meeting and learned that my biggest problem was slathering "healthy" food with not-so-healthy toppings. Immediately, my diet changed. I swapped diet busters for less-fattening fare. To make exercise easy, my husband and I turned a spare room into a gym.

By January 2006, I'd lost 50 pounds; I've kept it off and lost 2 more since. I'm healthier than I have ever been—and I know Curtis would be proud.

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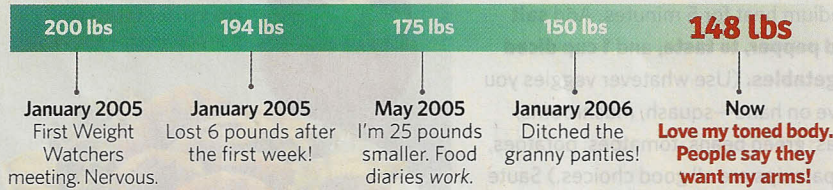
"Now I feel magnificent!"

MC Hudson, 46
Madison, Mississippi
148 lbs
Size 4-6



BEFORE:
200 lbs
Size 16-18

From Size 18 to Size 4



NICE WORK, MC! Since reaching her goal, MC has started incorporating Pilates into her workout routine. To help her look great, stay hydrated, and kick butt, Lucy activewear is giving MC the **Flip Straw Water Bottle** (\$25), **eKO mat** (\$78), **Hatha Power Pant** (\$88), and the **Power Yoga Halter** (\$54); all available at Lucy.com. Go MC!

Top right photo: Amy Halstead, Hair/Makeup: Lauren Frey