

How One Woman Got Motivated to Drop 95 Pounds from a Trip to the Mall

Andrea Gulley Robinson got her weight-loss wake-up call when she saw her size-22 reflection in a mall window. "I felt like I needed a sign on my back that said 'wide load,'" she recalls. The root of the then-32-year-old's problem: She didn't know when to stop eating. "I was raised to eat whatever was on my plate," she says.

After that reality check at the mall, Andrea turned to [Slim-Fast](#), hoping that its advice and [portion-controlled](#) shakes would help her downsize her eating habits. "I learned how my plate should look—25 percent carbs, 25 percent protein, and half vegetables," she says.



Andrea got moving, too. She started walking 12 miles a day and joined a women-only gym, where she could exercise without feeling self-conscious about her size. To keep her motivated, her husband, Keith, surprised her with new clothes as she slimmed down.

Sticking to this simple plan helped Andrea drop from a size 22–24 to a 10–12. And today this 6-foot-tall 42-year-old weighs in at a healthy 160 pounds. But the real reward is how she feels these days. "I really didn't focus on weight or size," Andrea says. "I just wanted to be healthy. Now I have more self-confidence and lots of energy."

	Pounds	Size
Before:	255	22-24
Now:	160	10-12
Total lost:	95lbs.	12

