

"I Lost 125 Lbs!"

Tracie Creasy discovered the number-one secret to lasting weight loss: a workout she loves.

As told to
Shaun Chavis

MY WAKE-UP

call? The day I realized I was one size away from the largest clothes that Lane Bryant sells. I couldn't help but think, *If I get any bigger, what am I going to fit into?*

That was August 2006. I cut out soda immediately, but it wasn't until that November that I got the nerve to step on a scale (after years of ignoring my weight)—I was 293 pounds. I knew I needed to do something drastic, so I signed up for every water-aerobics class offered at my gym. As for my diet, I decided to just do two things: shrink my portions and cut out fast food.

Soon, I started to feel better (no more achy knees!), so I began walking, cycling, and lifting weights. By July 2008, I had dropped 125 pounds. When I started losing, my goal was just to feel better. Now, I feel like I can really *live*!

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"Me, eight sizes smaller!"

Tracie Creasy, 30
Vinton, Virginia
168 lbs
Sizes 8-10



BEFORE:
293 lbs
Sizes 24-26

Timeline to Slim



HER GIFT: Since reaching her goal, Tracie's become a certified group-fitness instructor. Now that she's helping other women get fit, Danskin offered to help her look great. They're giving Tracie an **All Weather Jacket** (\$110), the **Aerosilver Black Spandex Bootleg Crop Pant** (\$50), and a **Toning Ball** (\$20); all available at Danskin.com. Way to go, Tracie!

Getting into your jeans never tasted so good.

MEAL 1: Special K® Cereal



SNACK 1: Special K™ Crackers



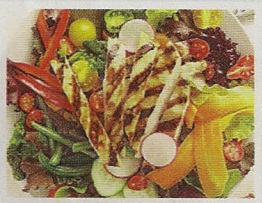
MEAL 2: Special K™ Protein Shake



SNACK 2: Special K® Cereal Bar



MEAL 3: Salad with Grilled Chicken



Go to specialk.com to design your victory plan today.

