

"My No-Diet Secret"

Sophia Chalmers followed three simple eating rules and shed 52 pounds.

As told to Shaun Chavis

THE DAY AFTER

I delivered my son, Finn, last November, I weighed 187 pounds. I couldn't believe I was that big! As a former competitive figure skater, I'd actually been too thin in the past: 5 feet 7 inches tall and 110 pounds. Once I got pregnant, I ballooned.

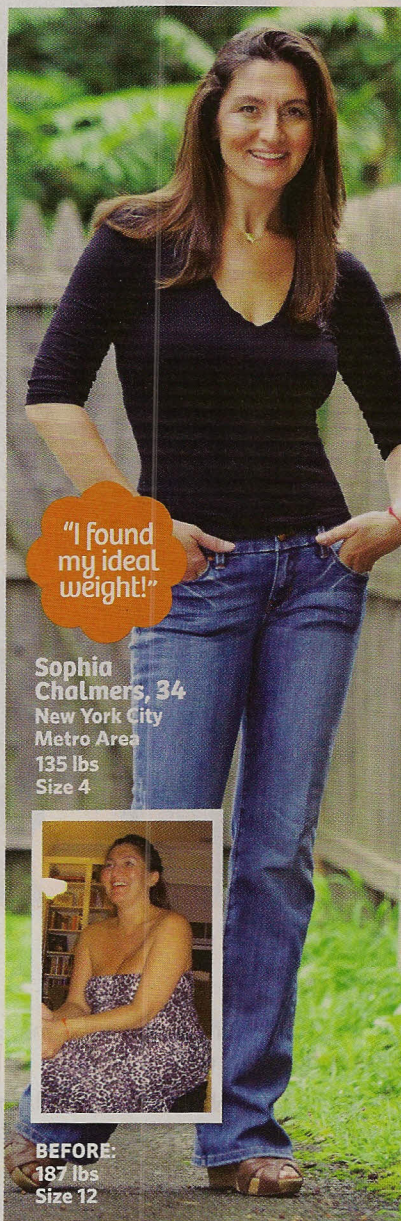
After I had Finn, I knew I had to lose weight, but I didn't want to go back to being underweight, either. There had to be a happy middle place.

I started pushing Finn in a stroller; we'd walk for hours. And because I can't do diets—when I try them, I'm always thinking about my next meal—I relied on three simple eating rules:

1. I ate only when I was hungry.
2. I ate only small meals.
3. I ate just until I wasn't hungry anymore and didn't get "ugh!" full.

Now, I weigh a healthy 135 pounds. And I love feeling light on my feet!

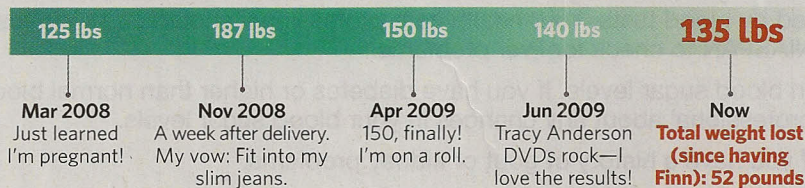
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Sophia Chalmers, 34
New York City Metro Area
135 lbs
Size 4

BEFORE:
187 lbs
Size 12

Timeline to Slim



HER GIFT: Winter's on the way. And because Sophia likes to walk outdoors even when it's cold, UGG Australia is giving her a pair of **UGG Nadaleen boots** (\$220; UggAustralia.com). They're designed to keep her feet warm and protect her from the elements, plus give her the support she needs for working out. Congrats, Sophia!

Now with even more delicious ways to stay on track.



New! Chocolatey Pretzel



Honey Nut



Strawberry

