



“
I hit a ceiling
with my weight
loss. Lifting
weights let me
break through!
”

Valerie Ruiz
30, New York City
Data Manager

RUT Valerie lost 27 pounds over the last year and a half, then came to a standstill. “I’m happy with my curves, but I’ve been at 177 pounds for three months and want to shed 17 more,” she says.

ROUTINE RESCUE

Balance it out. Instead of doing all cardio (running and dancing) all the time, Valerie limited it to twice a week and upped the intensity.

Add iron. To burn extra calories and firm more muscle, Valerie started lifting with 10-pound dumbbells.

Head off cravings. She ate smaller meals with more protein, fruits and vegetables to stay fuller longer.

SUCCESS! Valerie has already lost three pounds, as well as four inches total from her arms, chest, hips and thighs. “I feel like my muscles are waking from a deep sleep,” she says.