

Smart ways to live well

MARCH 2008

Prevention

5 EASY
HEALTH
BOOSTS
p. 32

GET YOUR BODY BACK!

- Fire Up Your Metabolism
- Blast Fat in 2 Weeks!

TEAR & GO GUIDE

23 Doc-Approved

HOME CURES

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The nutrient that speeds
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AFTER
40!

NEW SCIENCE

Flat Belly FOODS

And How to Eat Them

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**YOUR
MEMORY**
4 easy tricks

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"I'm So Confident Now!"

After her marriage fell apart, JOANNE GIANNINI dusted off a pile of old workout videos—and lost 55 pounds

MY STORY

When I met the man who would become my husband, I was fit and healthy. We were both ambitious and wanted to run a real estate business—and within 10 years we owned 26 rental units! Eventually, I gave up my job to help manage our properties and our remodeling company. My life became a constant stream of renovations; there was no time for healthy food or exercise. I realize now that we weren't making time for our marriage, either.

■ PHOTOGRAPHED BY GABRIELLE REVERE

POUNDS
LOST

55

STATS

AGE

41

HEIGHT

5'4"

WEIGHT
NOW

129

POUNDS

WEIGHT
THEN

184



HEAVY AND HURTING

Late-night pizzas after long workdays didn't affect my husband's weight—but I packed on the pounds. I could tell he wasn't crazy about the way I looked, which made me depressed. I continued to gain and topped out at 184 pounds. Back when I was fit, I got loads of attention from men; now I felt invisible in my own marriage.

One day we went to New York on a rare break. I was relieved that we were focusing on each other for a change. But the next day he looked at me and said, "I'm moving out." He said he wasn't attracted to me because of my weight. I was devastated.

HEALING THROUGH FITNESS

About a month later, I found some old exercise videos. I dusted one off and tried it out. My mind was so cluttered with anger and pain, and exercising washed it away. It felt unbelievably good to stomp my feet and clear my head. I did the workouts daily—twice when I felt especially furious. Soon, I was losing about 2 pounds each week. That motivated me to eat better: I went from three heavy fast-food meals a day to six healthful minimeals.

Over the months, my body changed dramatically. I even bought bikinis, when before I hated being seen in a bathing suit—period. It was amazing to feel in control of my body and my life.

Taking care of myself has become the most important thing to me. I exercise every day with my new set of workout DVDs or classes like Pilates. I'm making time for things I love, like keeping in touch with friends and traveling—I'm even dating again. I also own seven rental units of my own, and I work part time. There may be less of me than before, but I'm capable of so much more! —Reported by Rachel Aydt

**HOW I DID IT**

I ate more... lean protein. Eggs and fish became my mainstays; I also experimented with veggie burgers and soy and added in healthy fats like olive oil and nuts. Fiber-rich breads, cereals, and oatmeal kept me feeling full.

I ate less... fast food and prepared foods. There used to be days when every meal would be takeout! No more.

My mantra was... "Treat yourself like you treat others. And remember, nothing tastes as good as being in shape feels."

I exercised... every day. My workouts throughout my marriage were inconsistent; now I put in a DVD or go to the gym daily. Adding new elements such as Pilates and weights keeps me coming back—and so does seeing the way strength-training reshaped my body.

Unexpected gain: Self-confidence. I felt so good when I started to date again.

My health bonus: I have an unbelievable amount of energy. I can work all night without a problem—but I'm having too much fun to want to!

**ARE YOU A SUCCESS STORY?**

Log on to prevention.com/success-story to submit a 200-word synopsis and before-and-after photos. If we publish your story, you'll receive \$200!