



*what's in her bag?

Vincent carries a black hobo bag, which holds her BlackBerry, three packs of gum, lip gloss, tinted lip moisturizer, a makeup bag, deodorant, perfume, granola bar, CalorieKing book, a small notebook to write down calories, pen, nail polish, AA battery for her BodyBugg, tweezers, a Sharpie for autographs, wallet, coin purse and a gym card.



ALISON "ALI" VINCENT, 33, IS THE WINNER of the fifth season of NBC's hit show *The Biggest Loser*. She lives in Phoenix and was recently named a spokesperson for 24 Hour Fitness. Vincent's personal mantra is, "Believe it. Be it." She spends her time speaking to students, business professionals and private groups throughout the United States.

7 A.M. Alarm goes off. Get out of bed and eat protein waffles for breakfast.

7:30 A.M. Grab water bottle, iPod and drive to gym. Whenever possible, I start my day with a workout.

8 A.M. Arrive at the gym. Warm up for 30 minutes on treadmill, spend 20 minutes on the stair mill and work out with trainer for one hour.

10 A.M. Shower at the gym and get ready for the day.

10:45 A.M. Stop at Starbucks and get my usual — a venti iced Americano with four shots of espresso and a splash of non-fat milk.

11:15 A.M. Back at home. Catch up on e-mails.

NOON. Telephone interview for the Seattle Get Healthy Expo, which I attend in January.

1:30 P.M. Meet friend for lunch at Fez. I try to meet up with friends as much as I can when I'm home — it keeps me balanced.

3 P.M. Arrive at recording studio to record a new commercial spot for 24 Hour Fitness.

4 P.M. Leave studio, swing by Starbucks for my afternoon Americano.

4:30 P.M. Back at home. Answer fan mail, update my Web site (alivincient.com) and my MySpace page.

6 P.M. Have a snack and prepare for tonight's speech.

8:30 P.M. Participate on a panel for "Girls Night Out to Cut Out Domestic Violence." Speak about the connection between fitness and self-empowerment.

10 P.M. Meet a few friends at my house for dinner. I like to cook, and I love to entertain. Tonight it's grilled chicken and vegetables.

1 A.M. Drift off to sleep.