

## WEIGHT LOSS

# Advice from Big Losers

The holidays don't have to be hard on your waistline. We asked past winners of NBC's *The Biggest Loser* how they keep the weight off—even when the snow is piled deep and the buffet is piled high.

BY NATALIE VAN DER MEER

### Don't let the weather stop you.

"The winter was freaking me out—I was afraid I wouldn't be able to exercise. So I'm learning to play ice hockey! To keep yourself going, find things that are fun for you." *Helen Phillips, season 7*

### Get back up after you fall.

"I lost 214 pounds on *The Biggest Loser*, but eventually the weight started to creep back on because I stopped making the effort. I had to remember: Going to the gym is not a punishment—it's something I do because I care about myself."

*Erik Chopin, season 3*

### Want it? Have it! (A little.)

"My strategy when it comes to cravings: Eat what's plaguing you, but just a small portion. Otherwise, you eat around the craving. And if you add up the calories,

it'll probably be more than if you had just eaten what you wanted." *Erik Chopin*

### Make it easy to measure.

"All my serving utensils are measured. It's not obvious, because they're really beautiful, but I have the option of tracking what I'm eating. That helps me be smart about it." *Ali Vincent, season 5*

### Remember that age is just a number.

"Before I went on the show, I sat on the couch and lived my life vicariously through the TV. Now, in addition to ice hockey, I've tried kayaking and I've become a runner—and I'm 50 years old! If you want to lose the weight, ask yourself, Is it that I can't or that I won't?"

*Helen Phillips*

### Set small goals, and celebrate when you reach them.

"I needed targets, different things to go for on a daily basis—a distance on the treadmill or a weight goal. Without them, I wasn't celebrating myself enough, and I got really good at beating myself up."

*Ali Vincent*

### Squeeze it in.

"When I'm in the grocery store, I'll do lunges up and down the aisles. In the checkout line, you could do squats. I used to worry about what people thought of me, but I don't care anymore. I know I'm going to get the last laugh."

*Ali Vincent* ■

