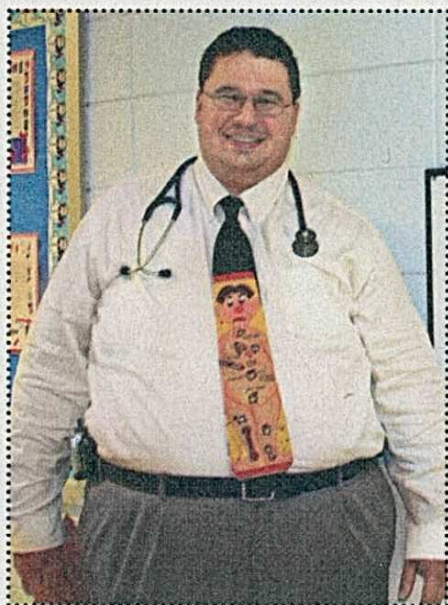


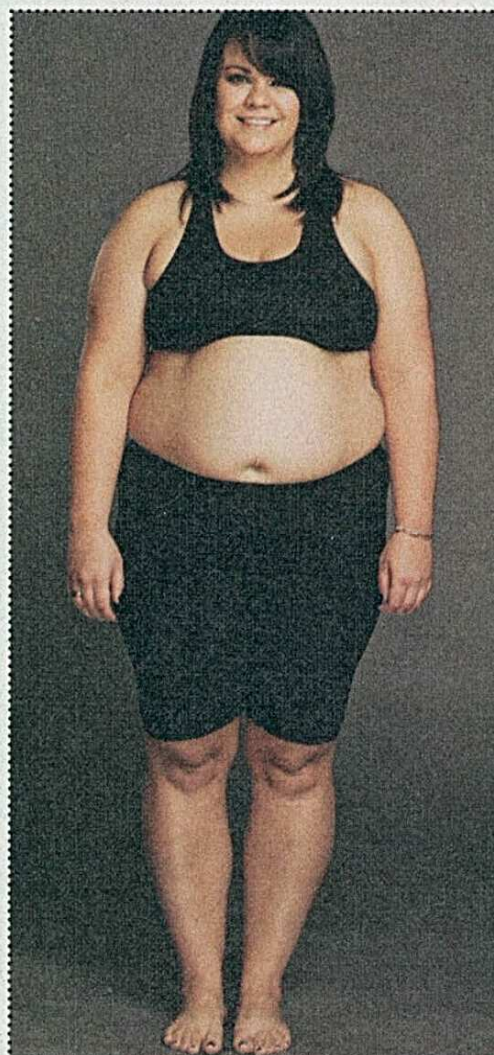
WEIGHING



Dr. Jeff Levine

Season 2
LOST 156 lbs. (103 on the show, 53 at home)
KEPT OFF 133 lbs.

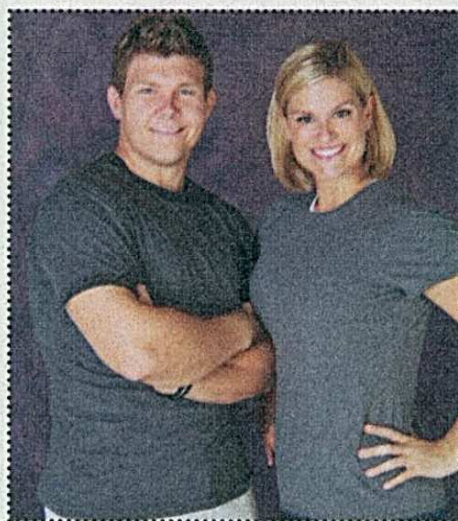
How's he doing? "Now I'm at 240," he says. "I feel like Brad Pitt in that movie where he's aging backward!" And he needs all the youthful energy he can get. The former 370-pound Dr. Jeff now does two-a-day workouts to stay fit enough to keep his new family tradition: running 5K charity races with his daughters. "They try to lap me," he says. "If they both beat me, I have dish duty for a month." How did their New Year's race go? "It's dishes for the next few weeks," he says. "But I met my goal of doing a 12-minute mile. It's just [that] they keep getting faster!"



Ali Vincent

Winner, Season 5
LOST 112 lbs. KEPT OFF 109 lbs.

How's she doing? At 125 pounds, the show's first female champ is now a motivational speaker and 24 Hour Fitness spokeswoman. Occasionally, the ex-beautician still does hair at an Arizona salon. "My friends tease me, like, 'I get my hair done by a TV star'" she says. "I so am not." **Her biggest challenge?** Getting to the gym. Four days a week with a trainer and spin classes keep her a svelte size 4. It's one year after her win and she's still sworn off fried foods, but otherwise Ali, who once tipped the scales at 234 pounds, eats what she wants. "I don't deprive myself of anything," she says. "I still go out to lunch with friends. I still have cocktails. Now it's about moderation."



Marty Wolff and Amy Hildreth

Finalists, Season 3
MARTY LOST 146 lbs. KEPT OFF 115 lbs.
AMY LOST 106 lbs. KEPT OFF 60 lbs.



How are they doing? Former 365-pound high-school theater teacher Marty has become a certified personal trainer. Next title? Dad. His wife, Amy, whom he met on the show and married last March, is expecting in July. "I went there to lose weight," says Marty, now 250 pounds, "and I found the love of my life."



Dan Evans

Finalist, Season 5
LOST 136 lbs.
KEPT OFF 130 lbs.

How's he doing? "I'm living my dream," says Dan, whose album *Goin' All Out* debuted at No. 7 on a country chart. But gym time is "a challenge when you're in a different city every night."



Bill and Jim Germanakos

Winner and At Home winner, Season 1
BILL LOST 164 lbs. KEPT OFF 136 lbs.
JIM LOST 186 lbs. KEPT OFF 139 lbs.

How are they doing? These days Bill and Jim are known as "The Weight-Loss Twins." A motivational speaker, Bill's big win landed him a promotion to "wellness ambassador" at the medical company where he works. His police-officer brother has embraced powerlifting, bulking up to 221 pounds. But Jim says he'll be leaner for his second marathon. "I never thought in a million years I would look forward to running," he says.