

KATHY OLSEN

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Race of Her Life

“When a salesperson gave me a size 6 dress to try on—and it fit—I was in shock!”

People always tell me I seem so much happier these days. I'm not happier because I'm thinner. I'm happier because a whole new world has opened up for me. I can *do* things. I've run marathons, gone skydiving, and even completed an obstacle course through a mud pit.

The funny thing is, I didn't even think this life could exist when I started. I just joined WW to get my doctor off my back. Whenever I'd go in for a checkup, he'd lecture me on why I needed to lose weight. Finally, after hearing his speech again I thought, "If I just lose 20 pounds, maybe this guy will stop hounding me." When one of the nurses suggested I try WW, I was insulted. I was 29 years old and my impression at that time was that it was for people much older than I was. Once I walked into that first meeting, I realized how wrong I was.

Even though the people in the meeting were different (and younger and nicer) »



.com. On Kathy Ann Taylor frill blouse, \$78, anntaylor.com; Dennis Basso fully lined wide-leg side-zip pant, \$47, qvc.com; Coye Nokes Jacqueline black embossed python pump, \$420, coyenokes.com; Carolee Lux earrings, \$40, cardiee.com.

Lost
88 lb*

* People following the Weight Watchers plan can expect to lose 1-2 lbs/wk.