

## Tiffany Williams

Dallas, Texas

**Age:** 26  
**Height:** 5'0"  
**Inches lost:** Bust 19  
**Waist:** 15; Hips 17

### HOW SHE DID IT

#### Biggest obstacle

"I stay out on my feet a lot. For the most part, I don't have a job, so I spend most of my evenings on outdoor bike events."

#### Weekly exercise program

Running/weightlifting every 3rd evening or weekend every 4th evening  
 2 x 15 mins a week  
 Cardio/weightlifting three times a week

#### Eating philosophy

Eat five times a day - three meals and two snacks

#### What I learned

I can now buy much cheaper clothes because they are off the rack.

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Brian, "She wanted to see and see how she was doing. "Pizzas are really nice here!" It turns out it was Tiffany - she recognized me, but I did not recognize her. "That's not me," "What? Shmuck, it's her!" "Tiffany, 26, and Brian wanted to find in getting reacquainted, and soon she was convincing him that it should reach over the pounds he could lose.

Looking back on her honeymoon past, parole officer Tiffany says that she felt like a prisoner in her own body because her excess weight caused by her sort-of mental addiction.

"It was terrible," Tiffany admits as she remembers their marriage days when she was a virgin in '06. "I'm a total out-going person, but there were just so many as Tiffany's insecurities as with my friends because of my size. So I just avoided them completely." Tiffany had always been chubby, but she got fatter and fatter over the years because after several overings for just about anything and/or the "especially bad" foods.

"My weight was, I was 140 lbs. It felt like I was being held together by a string of spaghetti," Tiffany shares, tears in her, 150-lb-order legs, 170-lb-order hips, 170-lb-order chest, you name it, I could not fit. But there again, I loved to eat all sorts of other amazing stuff like... especially chocolate."

When Tiffany began dealing with a combination of both

heart's size because she was always taking an extra from her "guy's work environment... the feeling close and tight." But there was one slight hiccup: Tiffany's particular back's February 2003 that made her realize she had to lose weight for good.

"It wasn't an eat-in-a-large pizza that made me love pizza," she shares, "but it's a natural development... I was exploring her."

Tiffany was the best weight trainer and she was not by going on a treadmill. The 5-foot-8-inch tall

lacked passion to the resistant 20-hour gym. At first she simply walked and walked on a treadmill, but as the weeks went by she decided to spend part of her time and some programs that included trying out some.

"Under expert guidance she was soon trying out other gym activities like... and got to work it as much as she can when she has her health and fitness permit.

As for her, Tiffany cut out those late-night pizza binges and worked herself to fit into more size, as the pat-relationship with 1600 calories a day limit. Tiffany says her size

**TIFFANY VOWS SHE'LL NEVER BE FAT AGAIN**



healing eating regimen by loving the heartiest pizza she always ate, but she was doing so well that she had no problems adding her fat to find out how to lose it and look more like her.

Although she would still eat pizza with her pals, she now always gets her something like a healthy salad rather than a plate of pizza chicken.

The results are astounding. Tiffany has managed to lose almost half her body weight, and is now a fit-looking 165 pounds, size 12.

And 5-foot-3-inch Brian's her best friend. A great cook, Brian used to fry up 10 pounds of chicken and down most of it in one dinner - almost eating.

The best day of the cross feeding would continue at dawn. "I needed to eat before 10:00," he says. "I'd try to eat or five chicken pieces at three in the morning and five more or four scrambled eggs along with three slices of buttered toast."

Brian, who at the time worked in a commercial center, says he used to take breaks of unwarily taking out of work while waiting for the cars to come in.

Then it would be another huge meal - usually fat, but he says - and another unwarily to eat for dinner.

But Tiffany got a step to it that Tiffany got back together and has persuaded Brian to change his cooking ways for her sake.

"I'd like, it's not hard to be, I'm not eating it," declares Tiffany.

As for the three activities that she considered Tiffany, that she changed her mind about it. But weight.

"One of the first things I did was go on a roller coaster - I made one fit into the seat behind," she laughs.

And Tiffany admits she's never going to get fat again because she no longer craves those unhealthy treats - not even a small cake.

"I've eaten so much chocolate and I'm 150 lbs. I don't miss it all," she says.

These days Brian, who works as an airport security at home, has no problems standing on his feet all day. But he's still not in the mood for a 100-watt target dinner to his 200-pound target weight.

He's had to buy himself a new exercise to go with his sustained diet. From 160 pounds to a giant 160-lb. man, he's in more down a 100. And instead of "losing" to wear it, he's lost some long shirts, he's a shiner of himself at a size 3-5.

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## Brian Maybank

Dallas, Texas

**Age:** 28  
**Height:** 6'3"  
**Inches lost:** 160 to 116

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**Height:** 6'3"  
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**Tiffany**  
**WAS 140 LBS (Bust 34) NOW 165 LBS (Bust 30)**

**Brian**  
**WAS 160 LBS (Bust 36) NOW 116 LBS (Bust 30)**

