



310 lbs.

THEN

Tiffany Williams

When Brian Maybank reunited with ex-girlfriend Tiffany Williams after three years apart, "I didn't know who she was," he says. "I was like, 'Whoa!'" The reason for the surprise? Williams, who once weighed 310 lbs., had slimmed down to a fit 165 lbs. Chubby since childhood, she decided to make a change after a late-night pizza binge. "I just saw that I was exploding, exploding out of my pants," says Williams, 26, a Dallas parole officer. In February 2003 she joined a gym and started working out four times a week with personal trainer Julie Hoang, who persuaded her to nix fast food for home-cooked chicken breast and veggies. She also started getting out of the house. "I learned how to throw a football and baseball," says Williams, who inspired on-again beau Maybank to drop from 465 lbs. to 355. "I hadn't been on a bike since I was a little kid. With the weight loss, I really love sports."

Photograph by MISTY KEASLER



NOW!

165 lbs.

From size 26 to 12
"After paying the gym membership, I didn't want to let myself down"

FROM LEFT: COURTESY TIFFANY WILLIAMS; COURTESY RALPH LOGIUSCI

By Ericka Souter, Marisa Wong and Jennifer Wulff. Vickie Bane and Keith Raether in Los Angeles, Deborah Atlanta, Tracie Powell in Dallas, Rose Ellen O'Connor in Washington, D.C., Shia Kapos in Chicago and Antoinette