



Cathy before
243 pounds
Size 20
BMI 39

Cathy now
138 pounds
Size 6
BMI 22



Julie before
240 pounds
Size 22
BMI 36.5

Julie now
155 pounds
Size 8
BMI 24

We did it

Julie Marsh

How long it took:
10 months
Total weight lost:
85 pounds
Height: 5' 8"
Age: 43

Cathy Andrew

How long it took:
12 months
Total weight lost:
105 pounds
Height: 5' 6"
Age: 50

These two sisters teamed up—and lost 190 pounds together!

Cathy Andrew (above, right) is one of those rare people who made a New Year's resolution to lose weight—and actually stuck to it. On January 1, 2005, at 243 pounds, she'd had enough. "I'd just come home from work, sit down, and eat," she says. "I'd eat too much of the wrong things too often and wouldn't exercise, and over time it built up." Instead of dieting, she began walking and eating more fruits and veggies. That spring, her sister, Julie (who weighed 240 pounds after four pregnancies) noticed Cathy had lost 45 pounds and got inspired. "I wasn't happy with myself," she says. All that changed, though, when the sisters started working together to take off the pounds. —Shaun Chavis

Have you lost weight? Send your story to AskHealth@timeinc.com.

Secrets of their success



1

Get moving. To reach a goal of a healthy BMI (body mass index), Julie and Cathy lifted weights three times a week and walked four to five miles at least four days a week.



Write down a mantra.

Cathy's: "Just for today, I will make healthier choices."
Julie's: "You choose whether to give up at every obstacle or to push to achieve your goal."

2



3

Be adventurous. As buddies, Julie and Cathy tried activities they wouldn't have alone. "We took a yoga class. We'd hike, play badminton, go bike riding."



4

Step it up. Both women set a goal of 10,000 steps a day. (Julie's secret: walking up and down the hall before bed just to get in those last few steps.) They like the SportBrain iStep X pedometer (\$29.95; www.sportbrain.com).

5



The dad-inspired diet.

Instead of counting calories, the sisters made veggies "free foods" and ate smaller portions of everything else. Cathy patterned what she ate after her dad's hearty diet.

Photo: Brown W. Cannon III; Wardrobe styling: Georgina Reskala; Hair/Makeup: Andrea Eve Kessei; Inset photos, top to bottom: Courtesy of Cathy Andrew, Courtesy of Julie Marsh; Right-column photos, top to bottom: Jamie Rowland (dumbbells and journal), Michele Constantini/JupiterImages, Courtesy of SportBrain, Courtesy of Julie Marsh and Cathy Andrew