



**Taysha before**  
230 pounds,  
Size 20,  
Out of breath  
walking up stairs

**Taysha now**  
152 pounds,  
Size 8,  
Runs marathons



## About Taysha Urquhart

Height: 5' 5"

Age: 28

How long it took: 12 months

Total weight lost: 78 pounds

## She logged on ... and lost 78 pounds

Five years ago, Taysha Urquhart's doctor told her that at 230 pounds, she was obese. "I took offense. I asked her, 'How's my blood pressure? How's my cholesterol?' Everything was normal. But I was in my 20s and getting winded doing very basic things. I knew that wasn't normal." Her doctor wanted to put her on a strict diet, but Taysha looked for a plan she could stick with. Weight Watchers Online fit her lifestyle and helped her learn to eat smaller meals. She eased herself into exercise, focusing at first on strength training and walking. Then a friend encouraged Taysha to start running. "I wanted to challenge myself, so I signed up for a marathon. I found out you don't have to be some sort of professional athlete to do it." Taysha lost 78 pounds in a year—and completed her first marathon in 2004. —Shaun Chavis

## Secrets of a big loser



**1 Train for an event to stay on track.** Taysha likes the National AIDS Marathon Training Program ([www.aidsmarathon.org](http://www.aidsmarathon.org)), which offers training with a coach. Here she's draped in a heat sheet after finishing the half marathon last year.



**2 Shrink the snack size.** Taysha loves single-portion sizes of favorite snacks. "If you told me to eat only 100 calories from a regular Pringle's can, I couldn't."



**3 Don't wait to look great.** Taysha's friends made her shop for new, more formfitting clothes whenever she had lost another 15 to 20 pounds. Now she loves wearing styles that show off her toned upper body.



**4 Celebrate each success.** Taysha got a "Congratulations!" message on her computer screen whenever she logged a weight loss online.

Left photo: Lisa Romerein; Wardrobe styling: Kate Martindale, Hair Makeup: Sonia Lee/Exclusive Artist Management; Inset photo courtesy of Taysha Urquhart; Right column photos: Roni Ramos