

→ Half Their Size

# Traded Pizza for Zumba

→ **YOULANDA  
MARSHALL  
LOST 146 LBS.**

**AGE** | 34 **HEIGHT** | 5'4"  
**HOMETOWN** | HOUSTON  
**OCCUPATION** | MIDDLE  
SCHOOL ENGLISH TEACHER  
**WAS** | 292 LBS. **NOW** | 146 LBS.

**HER FOOD WEAKNESSES** "It started in college: No one can tell you not to have bean and cheese nachos at 2 a.m. The people at the pizza place around the corner knew me by name. Eventually I realized, 'I'm almost 300 lbs.!' It was overwhelming. I felt hopeless."

**HER TIPPING POINT** "In my fourth year of teaching, I came back from Christmas break and had gained 17 lbs. I was out-of-control eating. I joined Weight Watchers and started using a program at Curves that tracks your calories and repetitions. I learned I was socializing during my gym time, not necessarily working out!"

**HER LIFE NOW** "I have an addiction—Zumba. I do whatever I have to to get to class. And dancing: Before, I'd get winded. Now I can last the whole song!"

#### **QUICK TIP**

"Pack snacks in your purse. I have a snack bar, two apples and light potato chips."



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**My arms had  
gotten so big.  
Now I get tons  
of compliments  
on them!**”