

SHE DID IT! The New And Improved Danielle Donato!

Sixteen pounds thinner, several inches slimmer and a whole lot healthier. Here's what six months of professional butt-kicking taught this 30-year-old FITNESS Makeover.

"FIT IS THE NEW IT"

"In my former, fatter life, channel surfing was my only aerobic activity. Now I go to the gym almost as often as I shower. Learning to exercise regularly has been the biggest change for me. It's so thrilling to work with Tiffany, my trainer, because she pushes me further than I think I can go. For example, one of the exercises we do is "crunches with punches," where I hold a five-pound dumbbell in each hand and alternate lifting the weight above my chest 60 times on each side as I do stomach crunches. I'm so sore and proud of myself afterward—I want to hug her and kill her. In the future, I plan to start boxing, which can burn more than 600 calories an hour. It's also an effective way to whittle and tone the arms—one of my squishier regions."

"I'M NOT A SLAVE TO THE SCALE"

"Even though my weight hasn't moved much since last month, I can feel and see the difference in my body. Everything is tighter. My butt has lifted. The cellulite in my arms is disappearing (check the photo!). I've got muscle definition in my

thighs and legs. That's what's most important to me—feeling strong, lean and confident in my skin."

"A CURFEW KEEPS ME FIT"

"I used to party into the wee hours, so I'd end up having one too many sugary drinks. Margaritas were my cocktail of choice; they have around 225 calories for a four-ounce serving, says my nutritionist, Lisa. Now I give myself a curfew and sip two drinks maximum—usually a vodka and club soda (generally vodka contains just 64 calories per ounce). Or I might have a glass of white wine—that's about 98 calories for four ounces."

"MY OVEREATING IS OVER"

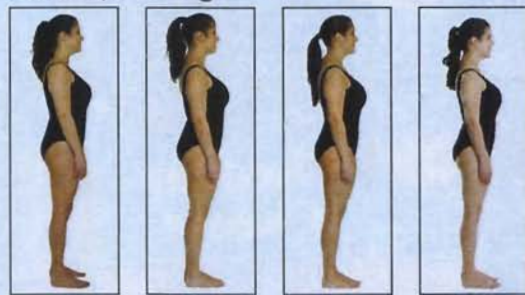
"I make conscious choices now about every bite. Rather than designate a "cheat day," if I crave something fattening, I enjoy it. But I don't go overboard with my portions, and I don't think about it or criticize myself afterward. I'm shooting for balance in my diet, not perfection. As long as I sustain a positive attitude and stay active, I know I'll reach my weight-loss goal and maintain it for life."

“Feeling strong, lean and confident in my skin is what’s most important to me.”



"This Empire-waist dress elongates my figure and highlights my slim stems!"

Before, During and After—Wow!



STATS	BEFORE	NOW
height	5'3"	5'3"
weight	146 lbs.	130 lbs.
chest	38"	37"
arm	14"	12"
abs	33"	29"
hips	39"	38 1/4"
thigh	22"	21 1/4"
left to lose	26 lbs.	10 lbs.

• Tiffany Somma, certified trainer for New York Sports Clubs, Staten Island, New York • Lisa Young, Ph.D., R.D., New York City-based author of *The Portion Teller Plan* • Rene Zweig, Ph.D., clinical psychologist, director of the eating disorders and weight management program at the American Institute for Cognitive Therapy, New York City