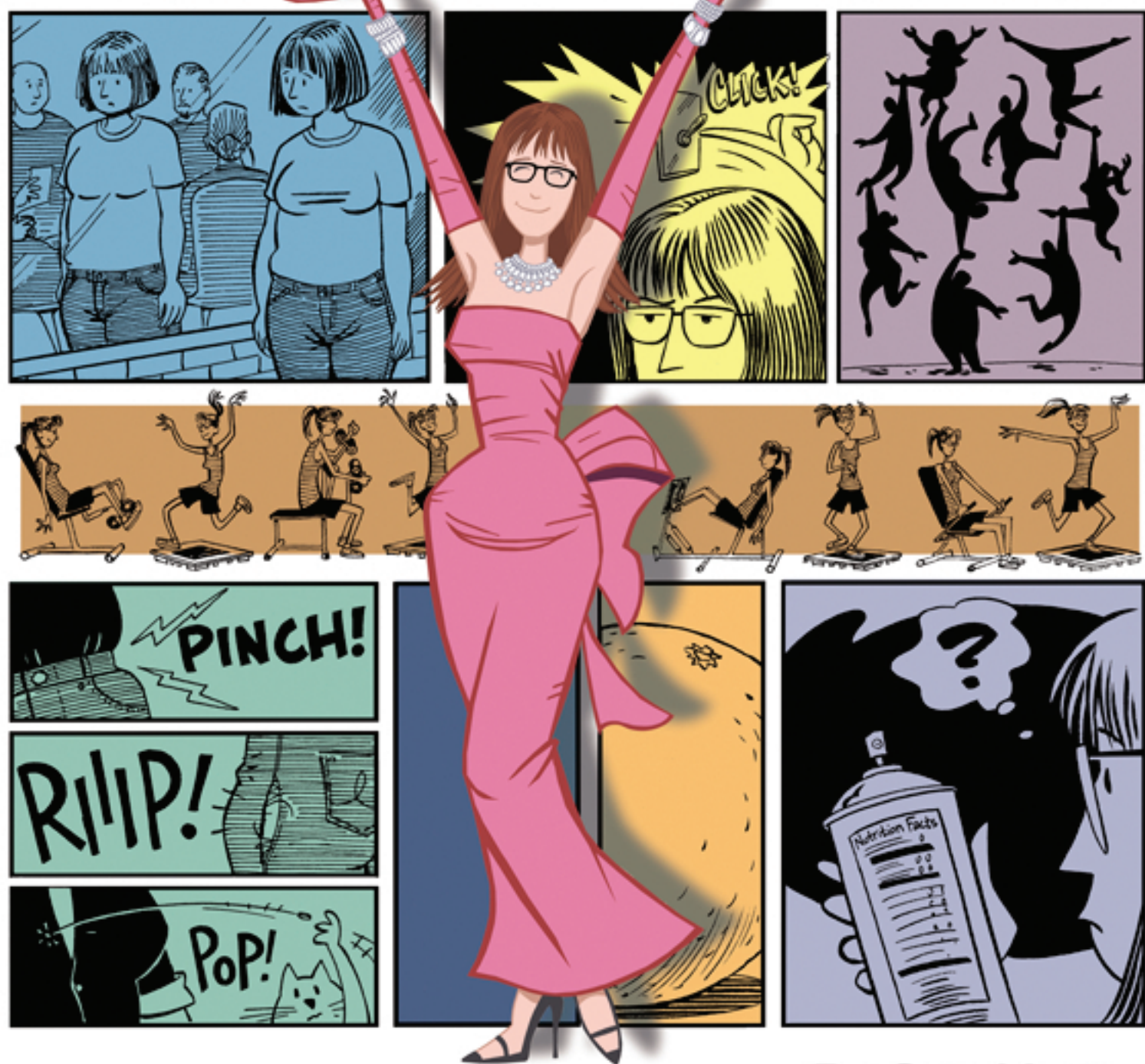


# The **BIG** Skinny

## HOW I CHANGED MY **FATTITUDE**



By Carol Lay

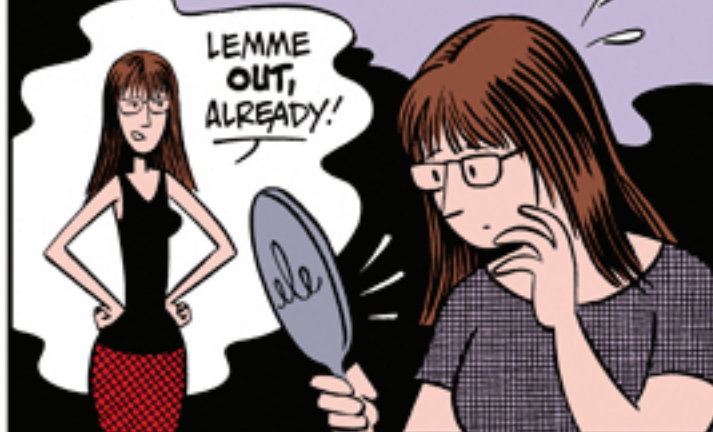
# What's it all about?



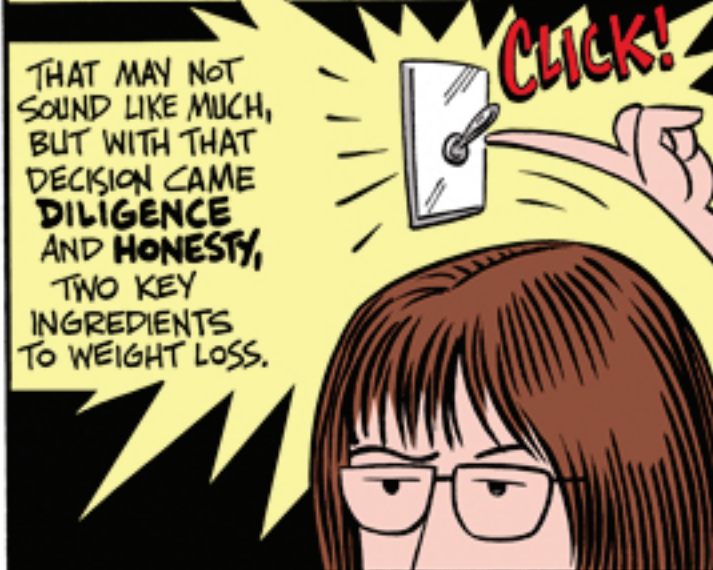
I COULD IMAGINE WHAT SHE  
WANTED TO HEAR.



BUT AT AGE 50, AFTER BEING AT LEAST 30 POUNDS TOO HEAVY FOR MOST OF MY LIFE, I REALIZED THAT TO MANAGE MY WEIGHT I NEEDED TO BUDGET MY CALORIES AND WALK OR WORK OUT EVERY DAY.



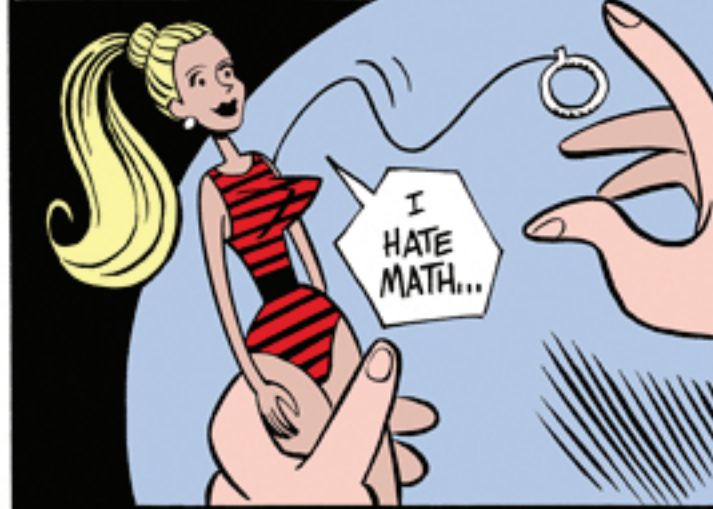
I ALSO MADE A DECISION TO LOSE WEIGHT.



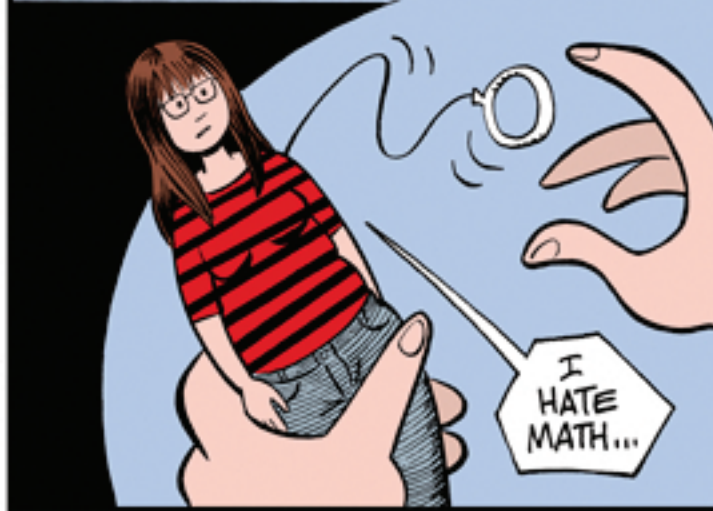
LASTLY, I HAD TO LOSE THE FEAR OF DOING THE MATH IN TERMS OF CALORIE COUNTING.



I REMEMBER A TALKING BARBIE DOLL THE MANUFACTURER REVAMPED BECAUSE SOME CONSUMERS OBJECTED WHEN SHE WHINED:



WELL, EXCEPT FOR THE TINY WAIST, POINTY BREASTS, TURNED-UP NOSE, PERFECT HAIR, AND HIGH HEELS, THAT COULD HAVE BEEN ME!



BUT AFTER LOSING 35 POUNDS AND KEEPING IT OFF FOR OVER THREE YEARS, I NO LONGER HATE MATH. IN FACT, ADDITION IS AUTOMATIC NOW.



THE SIMPLE FACT IS THAT A PERSON MUST EXPEND 3,500 MORE CALORIES PER WEEK THAN HE OR SHE TAKES IN TO LOSE A SINGLE POUND.

CARROT:  
20 CALORIES

BRISK WALKING:  
25 CALORIES  
IN 5 MINUTES

SOME PROGRAMS MAKE THINGS EASIER FOR THE CONSUMER BY PRE-PACKAGING MEALS OR COUNTING INTAKE CALORIES— ESSENTIALLY DOING THE ARITHMETIC.

SOME OFFER SUPPORT GROUPS TO HELP DEAL WITH EMOTIONAL ISSUES CONNECTED TO OVER-EATING, AND TO OFFER HELP AND TIPS.

ANY OF THESE METHODS FOR REDUCING CAN WORK —

— WHATEVER SUITS THE INDIVIDUAL IS WHAT COUNTS.

IN THIS BOOK I TELL HOW I LOST WEIGHT AND MAINTAIN THAT LOSS BY TAKING TOTAL RESPONSIBILITY FOR MY OWN CHOICES.

THE STORIES AND INFORMATION IN THESE PAGES MAY HELP YOU FIND THE COURAGE TO LOSE OLD HABITS AND MAKE NEW, HEALTHY ONES.

THEN MAYBE YOU, TOO, CAN PLAY "STUMP THE HOSTESS."

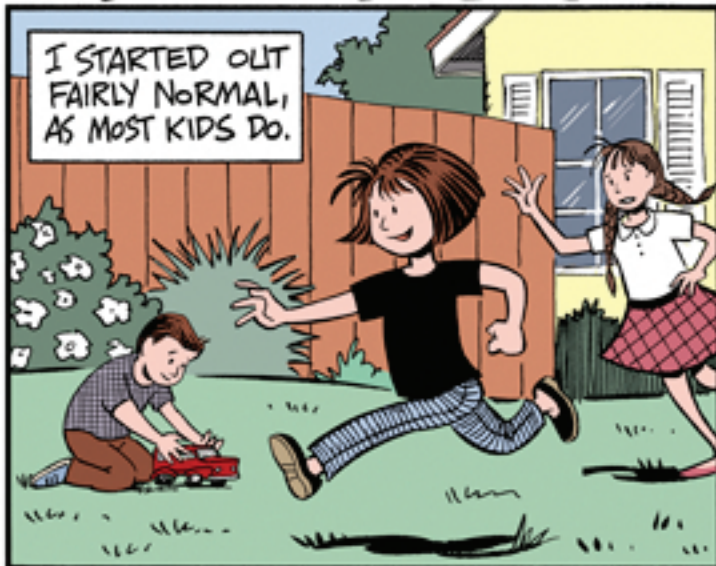
HOW DID YOU LOSE ALL THAT WEIGHT?

ALIEN ABDUCTION.

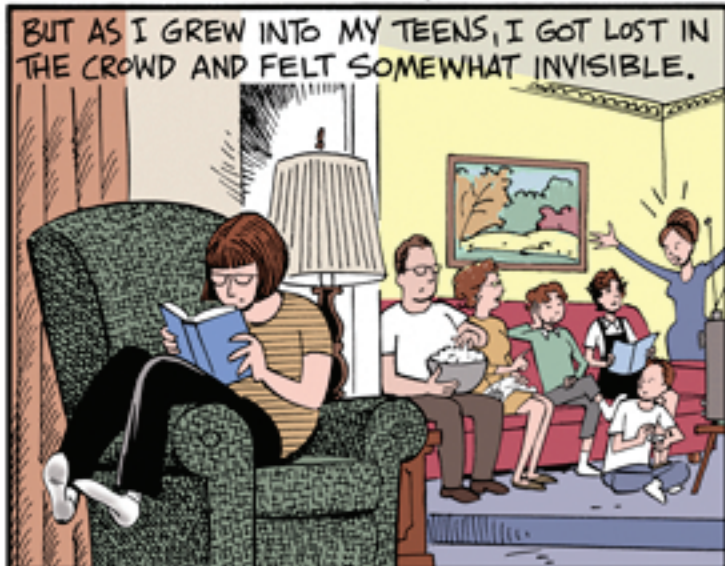
FABULOUS!

# MY BIG FAT LIFE

I STARTED OUT FAIRLY NORMAL, AS MOST KIDS DO.



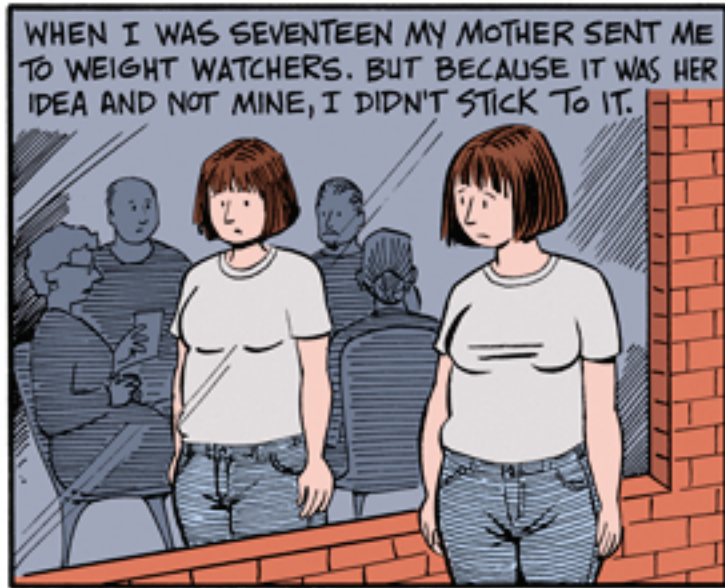
BUT AS I GREW INTO MY TEENS, I GOT LOST IN THE CROWD AND FELT SOMEWHAT INVISIBLE.



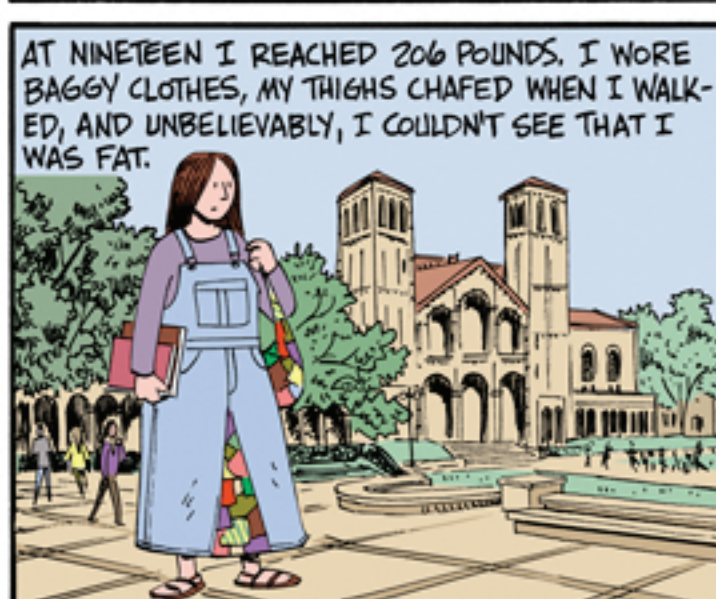
MAYBE THAT'S WHY I BULKED UP—JUST TO BE SEEN.



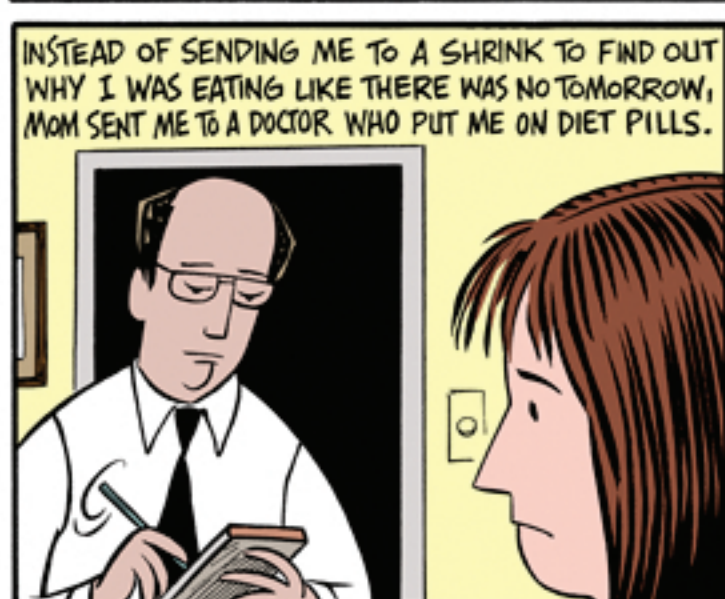
WHEN I WAS SEVENTEEN MY MOTHER SENT ME TO WEIGHT WATCHERS. BUT BECAUSE IT WAS HER IDEA AND NOT MINE, I DIDN'T STICK TO IT.



AT NINETEEN I REACHED 206 POUNDS. I WORE BAGGY CLOTHES, MY THIGHS CHAFED WHEN I WALKED, AND UNBELIEVABLY, I COULDN'T SEE THAT I WAS FAT.



INSTEAD OF SENDING ME TO A SHRINK TO FIND OUT WHY I WAS EATING LIKE THERE WAS NO TOMORROW, MOM SENT ME TO A DOCTOR WHO PUT ME ON DIET PILLS.



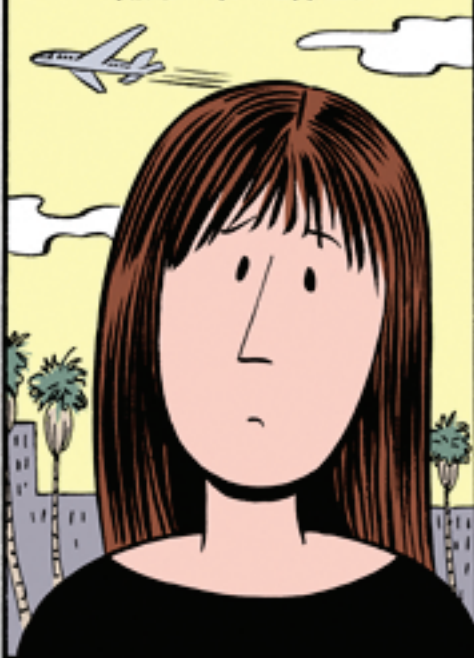
I DROPPED ABOUT 40 POUNDS OVER THE NEXT TWO YEARS, BUT I ALSO BECAME ADDICTED, IRRITABLE, AND IRRATIONAL.



WORRIED THAT I MIGHT BE STRANDED ON A DESERT ISLAND AFTER A PLANE CRASH AND NOT HAVE MY PILLS, I STARTED TO WONDER IF MY DEPENDENCE ON DRUGS WAS SUCH A GOOD IDEA.



THE TELLING PART OF THAT PARANOID FANTASY WAS THAT I DIDN'T RIDE ON PLANES.



I WEANED MYSELF OFF THE SPEED...

...BUT I FOUND MYSELF IN A CONSTANT BATTLE WITH MY WEIGHT.

MY DEFAULT WEIGHT SEEMED TO BE 160. AT 5'9" THAT WAS AT LEAST 30 POUNDS TOO MUCH.



THREE OR FOUR TIMES I DIETED MY WAY DOWN TO 140, AND I WOULD LOOK PRETTY GOOD FOR A WHILE.



BUT OLD HABITS WOULD RE-EMERGE, AND I WOULD DRIFT BACK UP TO 160.



ONE OF THE TIMES I LOST WEIGHT WAS WHEN I WAS LIVING IN NEW YORK.

I WAS DOING A LOT OF WORK FOR MAGAZINES, AND PICKED UP AN ASSIGNMENT TO REPORT ON NEW AGE PRACTITIONERS IN COMIC FORM.

I INTERVIEWED SEVERAL PEOPLE, INCLUDING A MAN WHO SOLD HIMSELF AS A HYPNOTIST.

I DECIDED TO HAVE HIM MESMERIZE ME INTO LOSING SOME WEIGHT.

HIS STYLE WAS THE OPPOSITE OF SOOTHING—HE WAS CONSTANTLY BARKING COMMANDS AND SNAPPING HIS FINGERS IN MY FACE.

YOU'RE ASLEEP!

SNAP!

AWAKE!

SNAP!

ASLEEP!

WORSE, I HAD TO PEE, AND THAT WAS PRETTY MUCH ALL I COULD THINK ABOUT EVEN AS THE MAN KEPT TELLING ME WHAT A DEEP SLEEP I WAS IN.

AT THE END OF THE SESSION, I WAS OUT 115 BUCKS, AND KIND OF STUNNED BY HIS JARRING STYLE.

SNAP!

WHY DIDN'T I GO BEFORE WE STARTED?

...SO DEEP AND SO SOUND NOTHING WILL BOTHER OR BOTHER ALL NIGHT, UNLESS THERE'S AN EMERGENCY. IF AN EMERGENCY ARISES, YOU...

SNAP!



BUT I WAS DETERMINED THAT THE MONEY I SPENT WOULD NOT GO TO WASTE, SO I ACTED AS IF THE PROCESS HAD WORKED.



THEN TWO THINGS HAPPENED THAT SPED ALONG MY WEIGHT LOSS: MY CAR WAS STOLEN...



...AND MY BOYFRIEND DUMPED ME.



HAVING NO CAR WORKED IN MY FAVOR BECAUSE I STARTED WALKING THROUGH PROSPECT PARK TO RUN MY LOCAL ERRANDS.

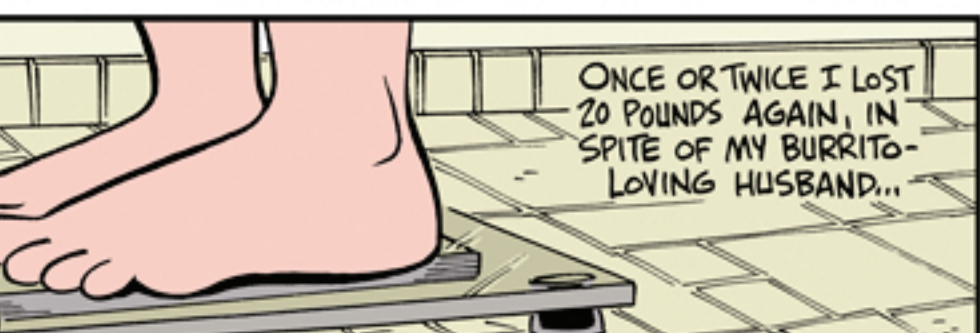
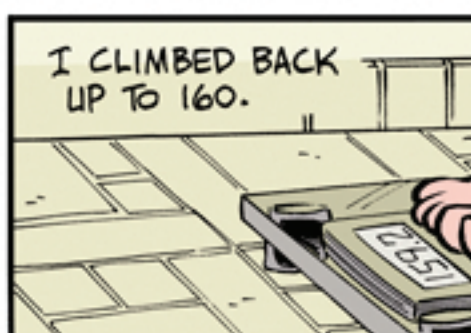


THESE WALKS WOULD END UP BEING ABOUT 5 MILES, AND THE SCENERY WAS SWELL.



AND BEING DUMPED BY A GUY WHO WASN'T RIGHT FOR ME WAS A BLESSING - IT GAVE ME MORE TIME TO WORK ON MYSELF.





I RECALLED THE TYPES OF FOOD AND AMOUNTS I ATE AT THOSE TIMES WHEN I'D BEEN A SUCCESSFUL LOSER, GUESSTIMATING THE AVERAGE CALORIE COUNT IN MEALS LIKE THIS DINNER:

SALAD WITH LOW-CAL DRESSING  
120 CALORIES

1 C STEAMED BROCCOLI w/ LEMON, 20 CALORIES

4 OZ. HALIBUT, BROILED  
160 CALORIES

1/2 C LEMON SORBET  
100 CALORIES

CUP OF  
HERB TEA,  
NO SUGAR  
0 CALORIES

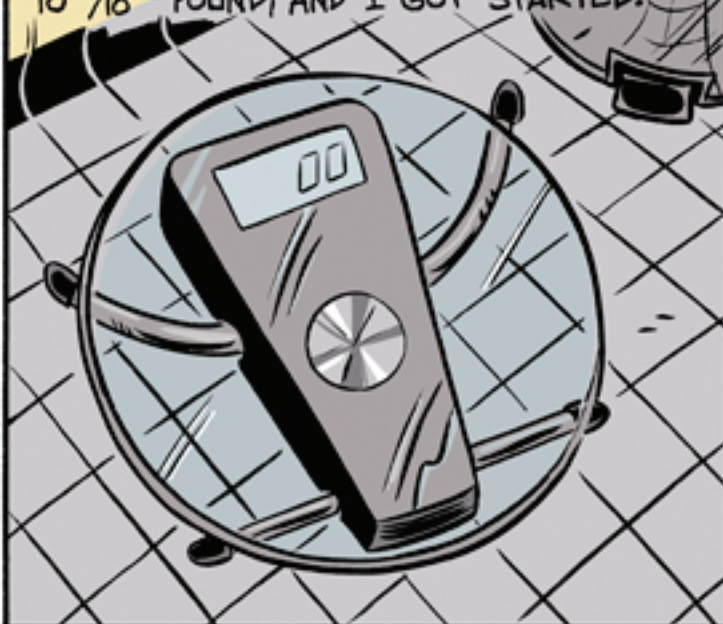
I DUG UP A NUTRITION GUIDE AND ROUGHED OUT A DAILY GOAL NUMBER—ONE I COULD LIVE WITH.



I ALSO REMEMBERED HOW MUCH WALKING OR WORKING OUT I'D DONE IN NEW YORK—AT LEAST AN HOUR A DAY.



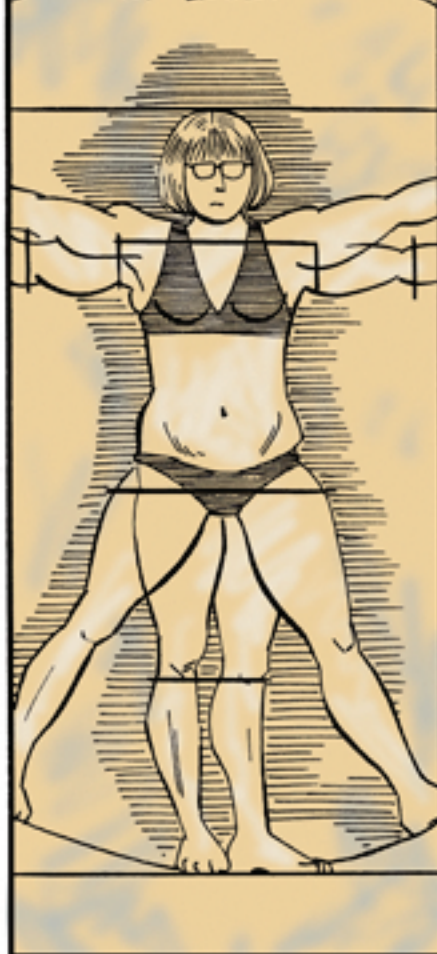
I BOUGHT A GOOD SCALE THAT MEASURES TO 1/10<sup>th</sup> POUND, AND I GOT STARTED.



THE BIG DIFFERENCE THAT TIME WAS I DECIDED TO WEIGH IN EVERY DAY AND KEEP TRACK OF MY CALORIE INTAKE.



I WAS AT 158.5 IN FEBRUARY OF 2002.



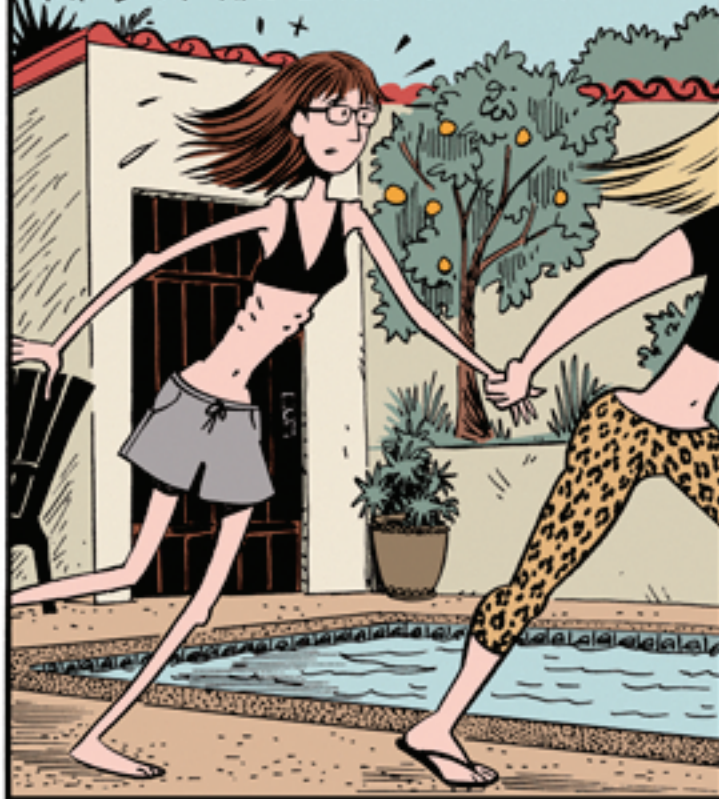
TWO YEARS LATER, RIGHT WHEN MY MARRIAGE WENT SOUTH I WEIGHED 125, A NUMBER I HADN'T SEEN SINCE I SHOT PAST IT IN MY TEENS.



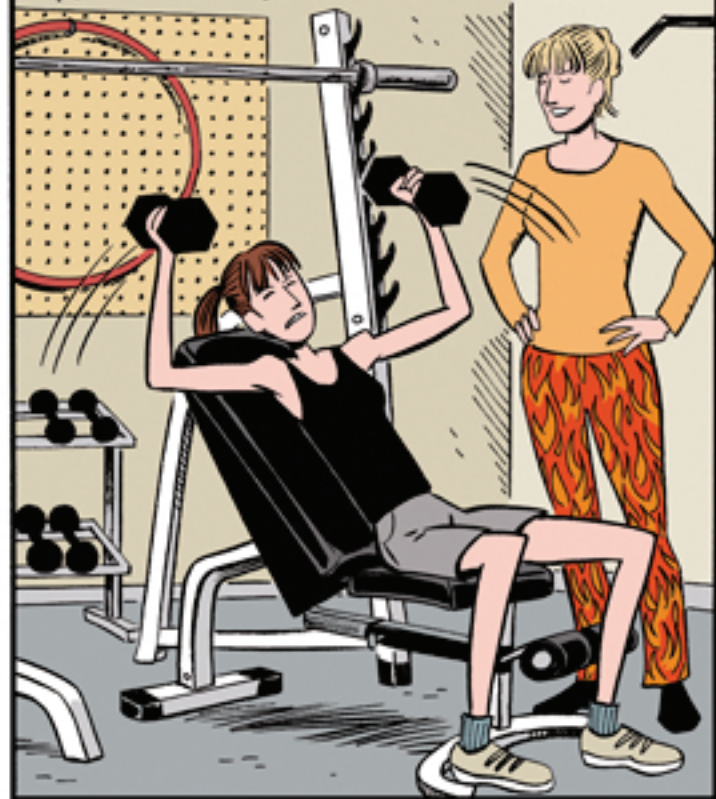
HEARTBREAK AND DIVORCE CAUSED ME TO LOSE MY APPETITE. I GOT DOWN TO 117.5, ALMOST 8 POUNDS BELOW THE MINIMUM HEALTHY WEIGHT FOR A 5'9" WOMAN.



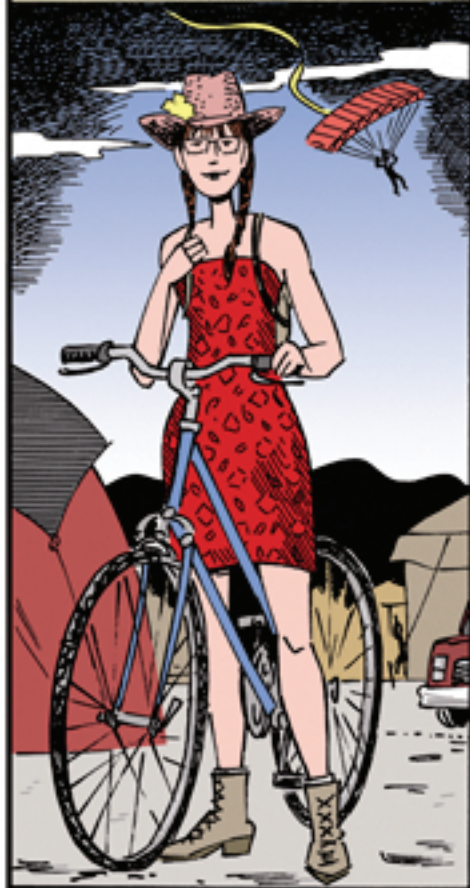
MY FRIEND PEGGY SAW ME AND TOLD ME MY BODY WAS EATING ITS OWN MUSCLE.



SHE GOT ME TO START WORKING OUT WITH HER, AND I MADE AN EFFORT TO EAT MORE.



TWO AND A HALF YEARS LATER, I WEIGH 124, AND LOOK AND FEEL THE BEST EVER.



MY WEIGHT RANGES FROM 122 TO 127, BUT I MONITOR IT DAILY AND MAKE ADJUSTMENTS AS NEEDED.



MAINTENANCE WILL ALWAYS BE PART OF MY ROUTINE BECAUSE I AM A BORN EATER WHO HAD OVERWEIGHT PARENTS.\*



\*I LOVE YOU, MOM AND DAD...

BUT I LIKE THE COMPLIMENTS I GET, MY ENERGY, AND THE WAY MY CLOTHES FIT.



AND ALL THAT IS WORTH FAR MORE TO ME THAN EATING WHATEVER I WANT.



TO YOUR HEALTH!

# HOW WHAT WHEN WHY HUH?

THE FIRST TIME A PERSONAL TRAINER PUT ME ON A CALORIE-RESTRICTED DIET BACK IN 1999, I DIDN'T TAKE IT SO WELL.



2/3 OUNCE OF GOAT CHEESE?!

ARE YOU INSANE?!

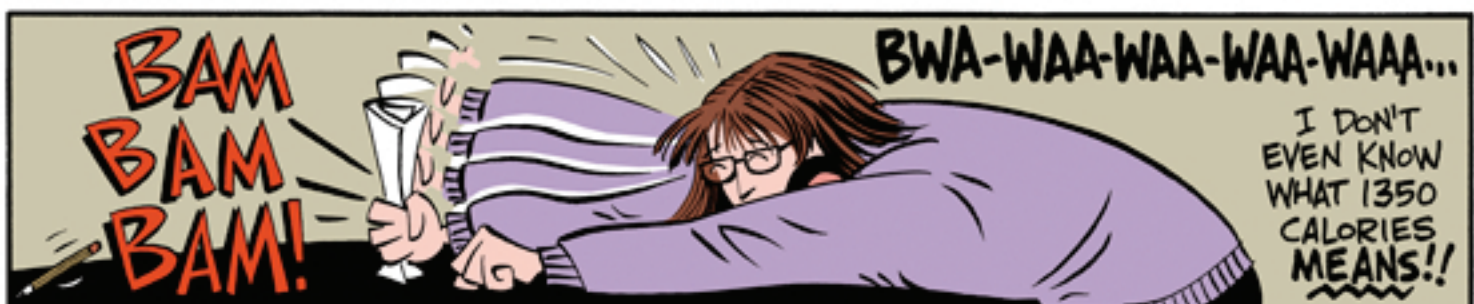
PLAIN NON-FAT YOGURT?! I'D RATHER DRINK MOTOR OIL!



1350 CALORIES?!

JUST SHOOT ME!

NOW!



BAM  
BAM  
BAM!

BWA-WAA-WAA-WAA-WAAA...

I DON'T EVEN KNOW WHAT 1350 CALORIES MEANS!!

BUT I WAS PAYING GOOD MONEY TO GET IN SHAPE, SO I SUCKED IT UP AND FOLLOWED THE SCRIPT.

THE EGG WHITE OMELET TURNED OUT TO BE NOT SO BAD...



MMM...

AND BROWN RICE LIGHTLY SAUTÉED WITH ONIONS, MUSHROOMS, PEPPERS, AND SOY SAUCE WAS REALLY QUITE GOOD.



THE PLAN SUGGESTED SPECIFIC AMOUNTS AND TYPES OF FOOD AT REGULARLY SPACED INTERVALS, ALONG WITH MODERATE EXERCISE.

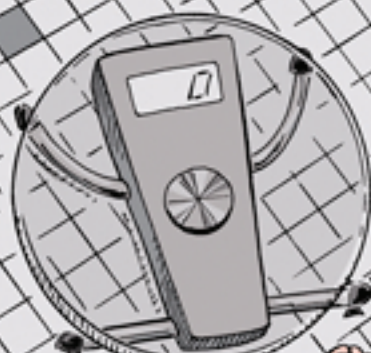


I STUCK TO IT AND THAT NIGHT I REALIZED I HADN'T BEEN MISERABLE ALL DAY AND I WASN'T GOING TO BED HUNGRY.

THAT WAS WHEN I KNEW I'D BE ABLE TO LOSE WEIGHT WITH CALORIE COUNTING.

I STRAYED FROM THAT DIET WHEN I STOPPED WORKING WITH THE GYM COACH, BUT WHEN I FINALLY DECIDED TO PERMANENTLY CHANGE MY EATING HABITS, I KNEW WHAT TO DO.

I BOUGHT A GOOD SCALE THAT WEIGHS TO A TENTH OF A POUND...



DUG UP MY NUTRITIONAL GUIDES...



AND PUT A PAD AND PENCIL NEAR THE FRIDGE SO I COULD KEEP TABS ON EVERYTHING I CONSUMED.



OVER THE COURSE OF ABOUT A YEAR AND A HALF I GENTLY AND PAINLESSLY LOST 35.5 POUNDS.

SIZE  
12  
158.5 lb.



SIZE  
2 OR 4  
123 lb.

ALSO, I'VE BEEN ABLE TO STAY WITHIN THREE POUNDS OF MY IDEAL WEIGHT (125) FOR THE LAST THREE YEARS BY STAYING IN THE HABIT OF EXERCISING DAILY AND WATCHING WHAT I EAT.

AS A COMPULSIVE OVER-EATER I FIND I HAVE A REMARKABLE CAPACITY FOR KIDDING MYSELF SO I CAN INDULGE MY ADDICTION.



CALORIES ARE UNITS OF HEAT, SO ICE CREAM HAS NO CALORIES.

**BEEP!  
BEEP  
BEEP!**

OR SOMETIMES A CLUSTER OF FOOD-BASED HOLIDAYS CAN THROW ME OFF TRACK.



**HELP...!**

WHEN I APPROACH 128 POUNDS MY CLOTHES START TO PINCH, SO I PUT ON THE BRAKES BEFORE I LOSE CONTROL AGAIN.



**NO  
THANK  
YOU!**

THAT'S WHEN I PULL BACK TO ABOUT 1350 CALORIES A DAY FOR A COUPLE OF WEEKS.



AFTER EVEN A DAY OF THIS I FEEL A GREAT SENSE OF EMPOWERMENT BECAUSE I KNOW I'LL SEE AND FEEL RESULTS WITHIN A WEEK.

NOW, I PREFER TO EAT SEVERAL SMALL MEALS A DAY RATHER THAN THREE "SQUARE" ONES. IF YOU PREFER THE LATTER, YOU CAN TAILOR THIS PLAN TO FIT YOUR NEEDS.



THAT GOES FOR FOOD CHOICES, AS WELL.

CALORIE COUNTING IS NEITHER DIFFICULT OR EASY— I'VE FOUND IT REQUIRES DILIGENCE AND RIGOROUS HONESTY —

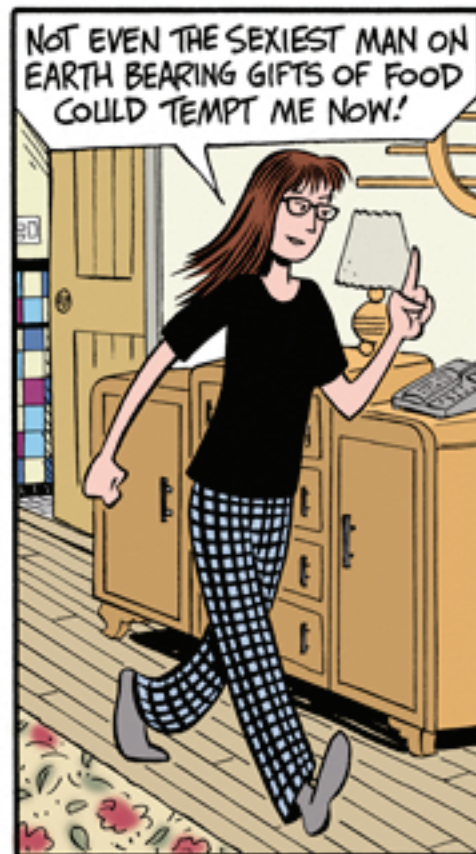
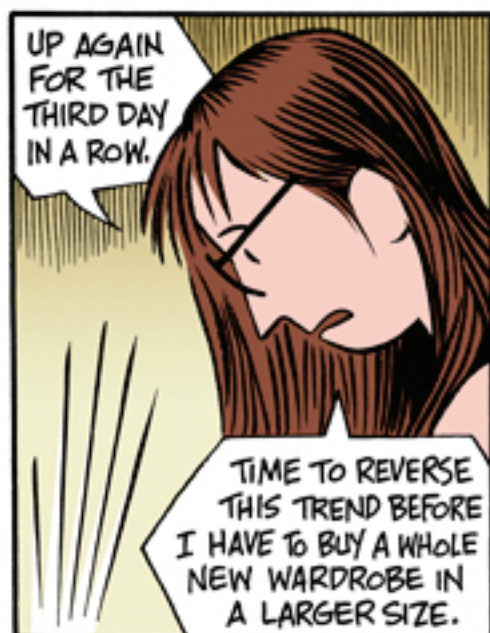


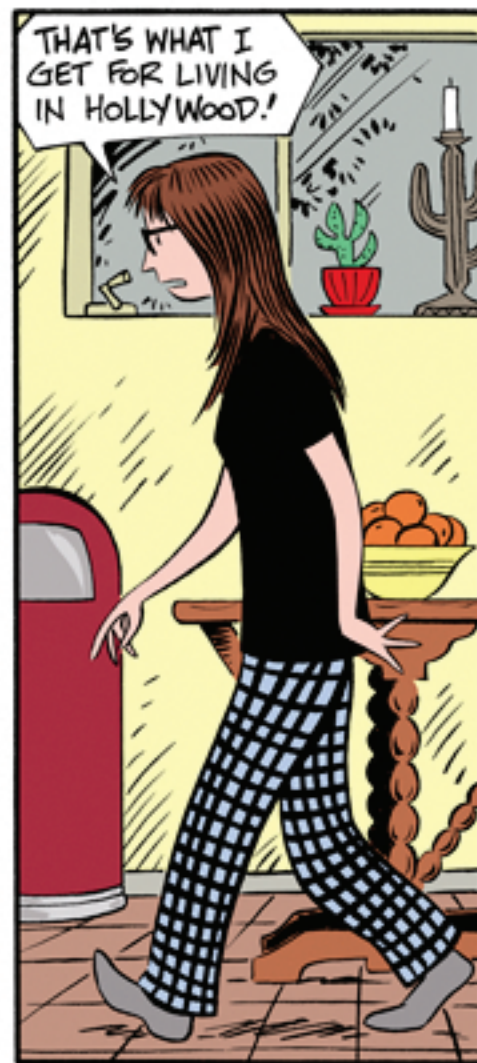
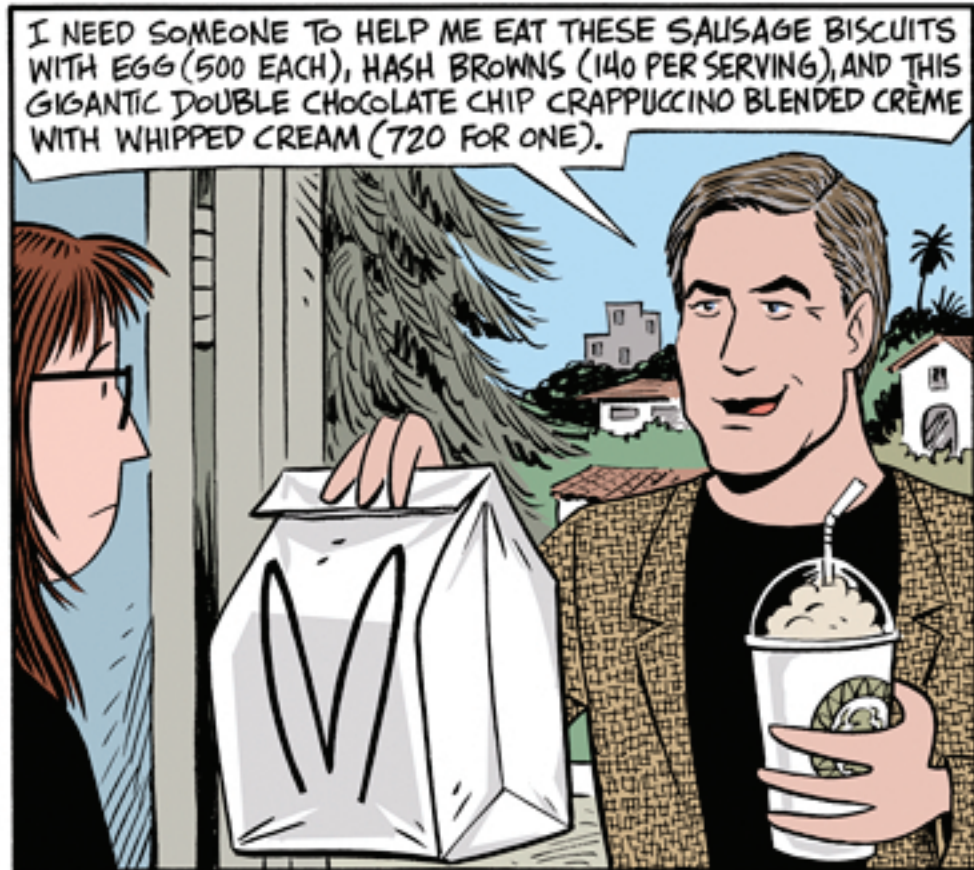
— BUT ONCE I GOT THE HANG OF IT I KNEW I WAS CHANGING MY LIFE FOR THE BETTER.

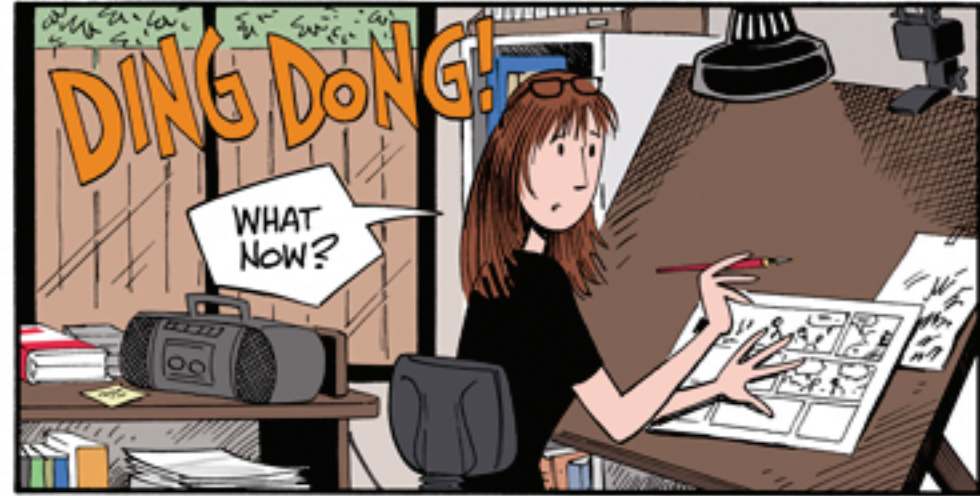
WHAT FOLLOWS IS MORE OR LESS HOW I DO IT, ONE DAY AT A TIME.

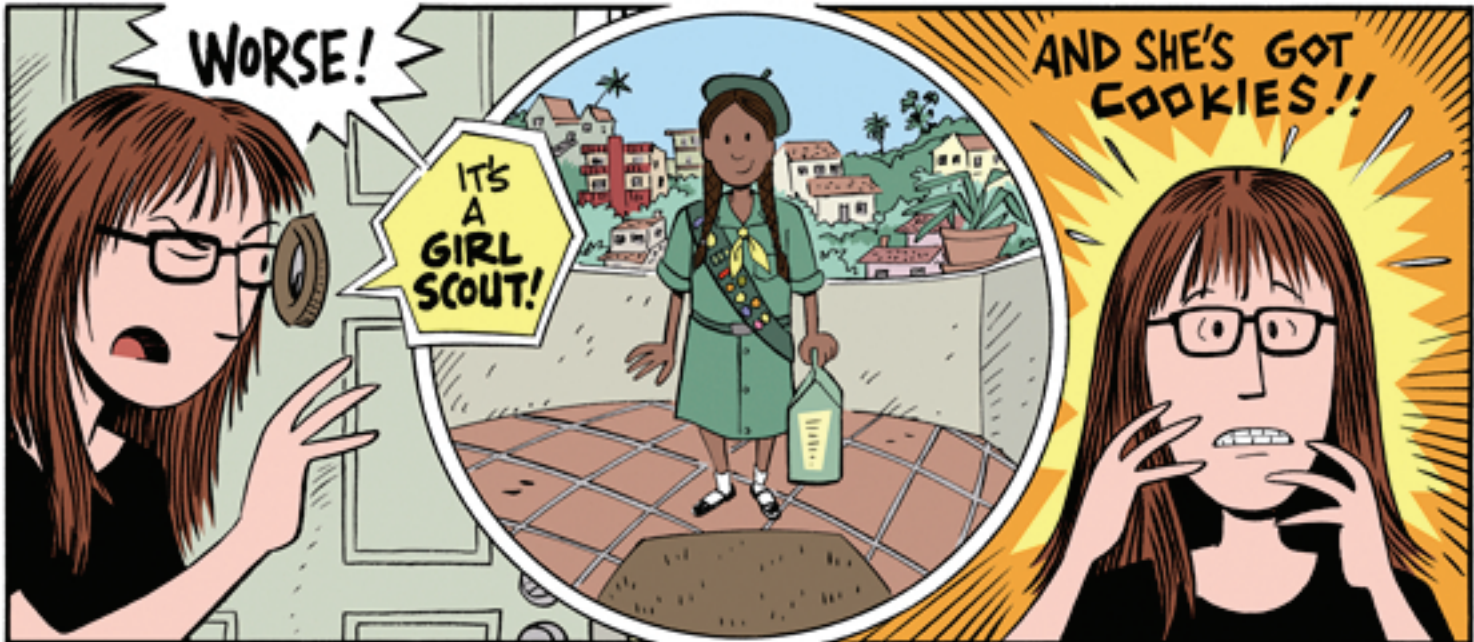


# A Day in the Diet









HEH HEH  
HEH...

SCARING LITTLE GIRLS  
IS HARD WORK!  
I'M HUNGRY!

I  
THINK I'LL HAVE AN  
EGG SALAD SANDWICH  
FOR 180 (SEE RECIPE  
ON PAGE )...

... AND A  
CUP OF TEA  
WITH MILK  
AND SUGAR  
FOR 30.

TOTAL  
SO FAR:  
290  
CALORIES.

NOT  
BAD.

SOME TIME LATER I INDULGE  
IN HALF AN APPLE (60) WITH  
A TABLESPOON OF PEANUT  
BUTTER (100), AND ANOTHER  
CUP OF TEA OR COFFEE (30).

AFTER ANOTHER HOUR OF WORK  
I GET TIRED OF SITTING SO I  
DRIVE TO THE GYM.

EXERCISE NOT ONLY TAKES  
MY MIND OFF FOOD...

... BUT IT HELPS BURN CALORIES,  
STRENGTHEN MY BONES, SHAPE  
MY BODY, AND REV UP MY METABOLISM.

I TRY TO WORK OUT TWO OR THREE TIMES A WEEK, BUT WHEN THAT'S NOT POSSIBLE I MAKE SURE I WALK 20 MINUTES A DAY, AT THE VERY LEAST.



AND WHEN I'M DONE...

OK, NOW I'M **REALLY** HUNGRY.



WHICH IS NOT THE BEST TIME TO GO FOOD SHOPPING, BUT THERE'S A WHOLE FOODS MARKET CLOSE TO MY GYM.

SO I STOCK UP ON FRESH ORGANIC FRUITS AND VEGETABLES...



AND DO MY BEST TO DODGE ALL THE FREE FOOD SAMPLES OFFERED THROUGHOUT THE STORE.



AFTER MY WORKOUT I CRAVE SOMETHING SWEET, SO I BAG ONE CHOCOLATE-COVERED PEANUT BUTTER MALT BALL FROM A BULK FOODS BIN.



THE NUTRITION LABEL CLAIMS IT HAS ABOUT 20 CALORIES, BUT I DON'T BELIEVE IT. IT TASTES LIKE 40, SO THAT'S WHAT I ASSIGN IT.

ONLY ONE?



IF I WERE TO TAKE HOME MORE, I'D JUST EAT THEM ALL.

ONCE AT HOME I HEAT UP A CUP OF GREAT-TASTING TOMATO AND RED PEPPER SOUP FROM TRADER JOE'S (100) AND TOAST 1/2 PIECE OF WHOLE GRAIN BREAD (40).



I WRITE DOWN MY NUMBERS AS I GO ALONG SO I DON'T FORGET EVEN SMALL PORTIONS THAT ADD UP TO SIGNIFICANT AMOUNTS IF I "FORGET" TOO OFTEN.



LATER ON, AT REGULAR INTERVALS THROUGHOUT THE REST OF THE DAY, I MIGHT HAVE:

AN ORANGE (60)



1/4 CUP LEMONADE (30)



RAW VEGGIES WITH HUMMUS DIP (120)



SALAD WITH LOW-FAT DRESSING (120)



TURKEY WITH MUSH-ROOMS AND GRAVY, AND PEAS ON THE SIDE WITH BUTTER (200)



OR I MIGHT HAVE ANY OF A MYRIAD OF OTHER MEALS AND COMBINATIONS THAT ADD UP TO ROUGHLY THE SAME CALORIE AMOUNTS.

AFTER MY "MAIN" MEAL I EVEN INDULGE IN 1/4 CUP OF CARAMEL SWIRL FROZEN YOGURT (70) AND ANOTHER CUP OF TEA(30) FOR DESSERT.



I CAN GET AS MUCH PLEASURE FROM A SMALL AMOUNT OF SOMETHING DELICIOUS AS I CAN FROM A "NORMAL" SIZED SERVING, AND WITHOUT THE GUILT.



ONE DRAWBACK TO CONSTANT GRAZING: I GO THROUGH A LOT OF DENTAL FLOSS.

... ALL THANKS TO THAT WOMAN IN L.A., PEOPLE.



AROUND 1:00 AM (I GO TO SLEEP AROUND 2:00) I SNACK ON THE OTHER HALF OF THAT BANANA (50) AND ENJOY A LAST CUP OF HERBAL TEA(ϕ).



THAT BRINGS MY TOTAL FOR THE DAY TO 1340, GIVE OR TAKE 50 CALORIES EITHER WAY.



THE BEAUTY PART IS I'M NOT HUNGRY WHEN IT'S TIME FOR BED AND I DON'T FEEL DEPRIVED.





I ALSO KNOW I WON'T HAVE INSTANT WEIGHT LOSS. IT TAKES MORE THAN ONE GOOD DAY TO MAKE A SIGNIFICANT DIFFERENCE.

BUT IF I KEEP IT UP FOR A WEEK, I KNOW I'LL LOSE AT LEAST ONE POUND.

CLOONEY DROPS BY AGAIN.

CARE FOR A NIGHTCAP?

TOO LATE—

—I JUST BRUSHED MY TEETH.

SLAM!

SOMEDAY HE'LL COME BY WITH SOMETHING **HEALTHY** AND I'LL HAVE TO LET HIM IN.

OH WELL.