



## Heather Petrie

**AGE: 37 HEIGHT: 5'10"**

**HOMETOWN: Clive, Iowa**

I had always been chunky, but then when I got pregnant [with daughter Morgan, now 15], I took that as a license to eat. I thought, "Woo! I don't have to starve myself anymore." I'd eat doughnuts for breakfast and for lunch a foot-long sub and a large ice cream cone—I was eating until I couldn't breathe! I put on 100 lbs. I tried to lose it, but I did the same thing everybody does: I'd say, "I'll start my diet Monday"—then I'd blow it and say I'd start the next Monday. When I got pregnant again, all these horrible things went wrong because of my weight—I almost miscarried. I had to be on bed rest. I thought, "How could I do this to my child?" When I finally gave birth and got the go-ahead to exercise, I started to walk two miles every day and felt so much better. Then I started working out with T-Tapp's Total System, and lost 18 inches in a month. That was it for me! It's not like I don't go out and have some red wine. It's just now I won't go out of control—and if I put a little weight back on, I know what to do to take it back off.

**NOW  
148 LBS.**

**BEFORE  
299 LBS.**



**1998**

"I felt so unhealthy," says Petrie, with son Marc.

### \$ BUDGET TIPS \$

Instead of buying a large movie theater popcorn (over 1,000 calories!) to share with her two kids, Petrie brings with her ½ cup of homemade trail mix (350 calories) made of bran cereal, dried fruit, coconut flakes, walnuts and dark chocolate. Cost for a three-month supply? Only \$20! And if you don't want to invest in the Total System DVD set (\$145), download—for free!—exercises at [t-tapp.com](http://t-tapp.com).

By **Thailan Pham** and **Michelle Tan**