

SPECIAL DOUBLE ISSUE

# People



LOST  
**156**  
LBS.

**HOW THEY  
DID IT**

**HALF  
THEIR  
SIZE!**



LOST  
**122**  
LBS.

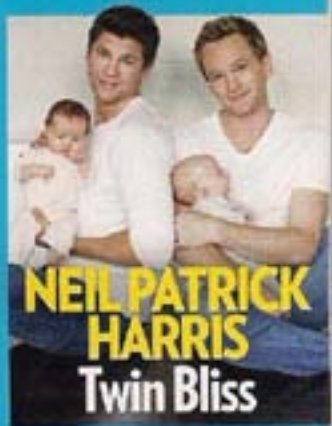


**REAL PEOPLE  
REAL DIETS  
REAL SUCCESS**

**EXCLUSIVE!**



**BRET  
MICHAELS**  
*Why I'm Finally  
Getting Married*



**NEIL PATRICK  
HARRIS**  
*Twin Bliss*



**RYAN &  
SCARLETT**  
*What Went  
Wrong*

JANUARY 10, 2011  
DISPLAY UNTIL JANUARY 17, 2011



PEOPLE.COM

HALF  
THEIR!  
SIZE

# Inspired by Their

WHEN LOSING WEIGHT GOT TOUGH, THESE RELATIVES LEARNED TO LEAN ON EACH OTHER

## TIFFANY ELIZALDE & TINA MARIE KONEGNI

### They started dieting together

From playing volleyball to volunteering at their church to, yes, gaining weight, Downey, Calif.-based twins Tiffany and Tina Marie, both 31, always did everything together. "In third grade we were both 150 lbs.," says Tiffany. "We were always the biggest kids." In 2008 their growing girth finally took a toll. At 5'5" and almost 300 lbs., Tiffany saw her blood pressure skyrocket, causing her to black out at the school where she works. Her sister—who weighed 276 lbs.—rushed her to their doctor, who said they wouldn't live to see their 40th birthday. "Our health was in the dumps," says Tina Marie, who decided to join Weight Watchers with Tiffany in January 2009. Since then Tiffany has lost 153 lbs. and is helping Tina Marie reach her goal (she has 5 more lbs. to go!) with their daily 8 to 10 mile walks. "It's easier if you have someone to root for you," says Tiffany. "We felt trapped in these fat bodies. Now they're not holding us back."



TIFFANY  
NOW  
**145**  
LBS.

TINA MARIE  
NOW  
**153**  
LBS.



TIFFANY  
BEFORE  
298 LBS.

TINA MARIE  
BEFORE  
276 LBS.