

REAL-LIFE SLIMMING SECRETS

WE LOST

OBESITY is a deadly epidemic in America, but you can win the battle of the bulge and save your life with these inspiring tips from nine former fatties who've shed a whopping total of 1,417 pounds!

specialist. "Obesity causes more than 30 life-threatening ailments including heart disease, stroke, diabetes and breast cancer. "Make healthy weight loss your key resolution for 2010. You'll increase your self-esteem and your health."

"Don't let the stress of life destroy your beauty and health," says Dr. Aaron Tabor, a North Carolina weight-loss

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JULIE GETS SKINNY ON SPECIAL DIABETIC DIET



WOW!

ADMITTED chocoholic Julie Haber was able to toss most of her diabetes medication after losing 70 pounds.

"I was 210 pounds when I landed in the hospital with pneumonia 13 years ago," 5-foot-4 Julie tells GLOBE. "That's when I discovered I had Type 2 diabetes.

"But I ignored the problem until my symptoms became overwhelming."

The doctor prescribed injected medication for the diabetes, blood pressure drugs and a statin to lower cholesterol.

Still, the 58-year-old theatrical stage manager from Orange County, Calif., needed to lose weight. While watching TV, Julie saw that Nutrisystem offered a specific plan for diabetics.

"That was in June 2007 and by August the next year, I had lost 70 pounds and the doctor took me off most of my medications," she says.

"The plan was easy for me to follow and I loved the support I got from the Internet discussion

groups run by Nutrisystem. "I finally learned what a normal portion of food looks like so when I prepare my own meals, I know that my helping of meat should be no bigger than the size of a deck of cards."

Now, Julie's maintaining her 140-pound weight and enjoying herself.

"Nutrisystem has a lot of chocolate-based meals and snacks that are perfect for my sweet tooth," she says.

While she's overjoyed that she's been able to cut back on her meds, she reveals she's "even more thrilled to experience

such a boost in my self-esteem." *Weight Loss Tip:* "Be aware of your portion size."



THEN

Julie's sweet tooth is under control and now she's svelte and stylish



THEN

Actor Joe Grande (right) and brother Anthony both topped 300 pounds. Now Joe is down to 225 and Anthony is inspired to get slim too

STOMACH OP SAVES HOLLYWOOD HULK

ACTOR and radio personality Joe Grande always played the "heavy" in films until he unloaded 120 of the 345 pounds he was lugging around.

Now, the husky, 6-foot-1, 225-pound hunk, who has appeared on HBO's hit series Entourage, has gotten back his health and is landing more roles.

"One of my first parts was playing a huge thug who robbed a liquor store and killed the clerk," says the 37-year-old former college football player. "I look back at that guy and say to myself, 'Dude, you're not the big bad boy anymore!'"

In 2007, the 300-plus-pound hulk was facing severe health problems.

"I was diabetic, had high blood pressure and suffered from gout," he reveals. "My mom died when she was 52

and my dad died at 59 due to complications of diabetes so I knew I had to do something."

He'd tried a slew of diets, but none stuck.

A friend told him about lap band surgery, and after he and his fiancée Chanell Fasbender, 27, investigated the procedure, he contacted L.A. bariatric surgeon Dr. Carson Liu.

The doctor installed an adjustable band - which limits how much Joe's stomach can hold - and the pounds began peeling off.

Joe also is eating healthier, saying, "I have a protein shake for breakfast and lunch, and then a fish-and-vegetable dinner."

Now his brother Anthony, 39, who weighs 308 pounds, is planning to get the same surgery.

*Weight Loss Tip:* "Swallow your pride and get help if you need it."