

Me, by the Numbers

	START	NOW
Weight	154 lb	143 lb
Height	5'5"	5'5"
Chest	35"	35"
Waist	34.5"	31"
Hips	45"	42.75"
Body Fat	25.5%	23%



*A typical disguise for hips and thighs*

My New To-Do List

Iron It Out

The workouts with my trainer, Joanne, were sweatier than any treadmilling I'd done before to lose weight: strength moves to tone all of me, not just my lower half, mixed with one-minute bursts on cardio machines. They were designed to build muscle and boost metabolism so I burned more calories all day long, even when I wasn't huffing and puffing.

Redo Your Sweets

My nutritionist, Christy, challenged me to eat lighter meals more often and to swap candy for fruits. At first I felt as if I were missing out. But after a week I had so much more energy that I picked up strawberries and kiwis at the market, ignoring the candy at the checkout. I shaved 500 calories off my day, losing a pound a week by diet alone.

Get Jean Therapy

Because I'm size 6 on top and size 10 or 12 on the bottom, I thought my only option was A-line dresses. Fashion expert Charla took me shopping and showed me that certain pants styles could be really slimming. I tried on black denim instead of blue and chose straight-leg and boot-cut styles, which minimized the taper from my hips to my ankles. Ta-da! A leaner look.

Status Check

Yes, that's me wearing jeans! I lost almost three inches from my hips and three from my waist, which has had the effect of making me look more hourglass than pear. I now eat healthier and do cardio three times a week and strength-train twice a week. I have kept my curves but plan to shed a few more of the extra pounds that have been padding them.

# "NO MORE HIDING MY CURVES!"

Alexis Tirado, 29, had almost given up trying to trim her lower half. FITNESS helped her "pear" down.

**The Goal** I always liked to say that I got my curves courtesy of my Latin roots: Mom is Puerto Rican, and Dad is Salvadoran. But I suspect my eat-what-you-want upbringing, with its unrestricted supply of Ring Dings and Lucky Charms, played a part. My bad habits spilled over into college and beyond, so that fast food became an almost daily ritual. The result: I hadn't worn a pair of pants in eight years. But now I'm done hiding my lower body behind billowy dresses; I want to look good in jeans again!

The Game Plan

When FITNESS offered to help, I chucked my candy stash and reported to Clay health club and spa in New York City for a six-week transformation package of three training sessions per week plus nutrition counseling. I began dreaming of denim.

TOP TIPS FROM OUR EXPERTS

Joanne Cabello, master trainer at Clay "There's no such thing as spot reduction. But if you balance total-body resistance training with cardio and a better diet, in general you'll shed body fat from where you have it to lose."

Christy Maskeroni, R.D., nutritionist and trainer at Clay "Make 'fast food' quicker and lighter than the delivery kind. If you crave pizza, top a whole-wheat pita with red sauce, part-skim mozzarella and sliced veggies, then heat it up."

Charla Krupp, author of *How to Never Look Fat Again* "Offset wider hips with a feminine jacket, which gives the illusion of wider shoulders. Make sure the hem hits just above the problem area, not at your widest part."



AS TOLD TO AYREN JACKSON-CANNADY

KAREN PEARSON: HAIR: JEANIE SYFU FOR TRESEMME/CONTACTNYC; MAKEUP: EMILY KATE WARREN USING MAKEUP FOR EVER; MANICURE: KIM CHIU FOR MARK EDWARD INC; KENNETH COLE JACKET; BEBE TOP; NOT YOUR DAUGHTER'S JEANS; ANN TAYLOR SHOES