

Their journey to a healthier weight

Do Something Healthy: Take the road to a balanced life with Devin Alexander

YOU CAN'T WALK a mile until you first walk a step. And losing 10 pounds—or 20 or 40—begins with losing just 1 pound.

For Devin Alexander, that first pound led to a 55-pound weight loss. Ali Vincent lost 112 pounds—nearly half her weight. Better yet, both have kept it off.

A winning recipe

Alexander knows when her weight problem started—when her friends made the junior high cheerleading squad and she didn't.

"They were practicing every day and I wasn't," she says. "Instead, I started eating, and when I gained weight I got teased, which made me eat more."

Alexander struggled with her weight, planning diets for Monday while overeating all weekend. When her weight climbed close to 190 pounds when she was 15, her parents were worried and she was miserable.

Then she heard that if you cut just 100 calories a day (about one slice of cheese) you can lose 10 pounds in a year.

"I thought, 100 calories isn't much," she says. "I can do that and still have my brownies."

Alexander's first small steps led to lifestyle changes like staying active and eating healthy foods that helped her shed more pounds. And the concept of keeping the weight off while eating delicious foods has helped her maintain her healthy weight for more than 15 years.

In fact, Alexander is now a successful chef and cookbook author, redesigning recipes to make them healthier while keeping them tasty.

"You don't have to deprive yourself to be fit and healthy," she says.

Getting back in the swim

Vincent is an athlete—she was a nationally and internationally ranked synchronized swimmer—but for a while weight gain made her forget her potential. It started when she stopped swimming but kept eating the same amount.

"When I was swimming I could eat a whole pizza and not gain an ounce," she says. "But afterward I didn't need the fuel."

The first 5-pound gain felt like a disaster, but after that Vincent simply changed what she wore instead of what she ate. Jeans gave way to stretch pants, and 5 pounds turned into 20, then 50, then 100.

That's when her life took a turn with the help of *The Biggest Loser* TV show. As a contestant, Vincent lost 112 pounds and won the title of first female Biggest Loser.

Vincent now keeps the weight off with regular workouts at the gym and close attention to what she eats.

"I have a schedule for eating, and if I get hungry before it's time for a meal, I drink a glass of water and examine what triggered the hunger," she says.

Vincent is also swimming again.

"Getting to a healthy weight gave me confidence to get back into life," she says.

A new outlook

Both Alexander and Vincent yo-yo dieted for years, losing and gaining hundreds of pounds as they struggled to keep their weight down. When they finally established healthy habits they could stay with for life, they achieved more than weight loss.

"It's empowering," says Alexander. "Taking control of your weight lets you focus on your passions. It's life changing."

"You don't have to deprive yourself to be fit and healthy." —Devin Alexander

“Getting to a healthy weight gave me confidence to get back into life.” —Ali Vincent

er and Ali Vincent.

The women will tell their stories—and Alexander will demonstrate a healthy, yet decadent, recipe—at the Do Something Healthy event.

Learn more at **multicare.org** or call **800.485.0205**.

Million Minute Mission

Here's your mission, should you choose to accept it: Help your Pierce County friends and neighbors reach a goal of logging millions of exercise minutes.

It's called the Million Minute Mission—a community-wide fitness event led by the MultiCare Center For Healthy Living—and it's a fun way to get physical, get healthy, and win individual or team prizes.

Here's how it works: You register online—it's easy—and then log an average of 30 minutes of physical activity five or more days a week, Jan. 29 through June 13. Kids can aim for 30 to 60 minutes.



You also track your progress online, so you can see your healthy minutes add up! Get the details at **www.millionminutemission.org**.

Partner up to be the Biggest Winner

The road to weight loss can be tough, especially when you're traveling it alone. Teaming up for the effort can give you a head start.

This year's Pierce County Biggest Winner competition—modeled after TV's *The Biggest Loser*—will team up couples for 14 weeks of workouts, training sessions and nutrition coaching.

Each team's progress will be posted online, and the winners will be announced June 13.

Apply to be in the competition at Do Something Healthy on Jan. 29 or online at **www.piercecounty.getsfit.org**.

Do Something Healthy

Thursday, Jan. 29
Health fair at 5:30pm
Speakers at 7pm

The Greater Tacoma Convention and Trade Center
\$15

MultiCare wants you to Do Something Healthy every day, and their tenth annual event—with the theme “Take the Road to a Balanced Life”—can get you started.

- Speakers: Devin Alexander and Ali Vincent.
- Health fair.
- Free health screenings
- Information about sports medicine, cardiac care, diabetes care and other services at MultiCare.

Preregistration required. To register, call **800.485.0205** or visit **multicare.org**.