

AT 597 LBS.



I Used to Weigh... **597 lbs!**



LOST  
**359**  
LBS.



## Val McLeod

Was: 597 lbs. Now: 238 lbs.  
Age: 54 Height: 6'  
Lives in: Savannah, Ga.  
Job: Professional speaker

I don't know a day when I didn't overeat. At a fast food restaurant, I would pretend I was ordering for two people and go through the whole charade, like, "What did she want?" and then eat it all myself. At 28 I hit my peak weight of 597 lbs. There was no dress size that fit, so I made skirts out of rolls of upholstery fabric. I wanted to have weight-loss surgery, but I was too large for it.

I finally found a nutritionist who put me on Weight Watchers. I cut out cookies, and if I had a snack it would be fruit or yogurt. It took me 30 minutes to walk 10 feet, but one year later I lost 100 lbs. When I fit into a size 28 pant, I felt like Janet Jackson! That kept me going. Now I wear a size 16 and try to get in 90 minutes of fitness daily. I've never felt better in my whole life.