

People



Bristol Palin & Her Baby

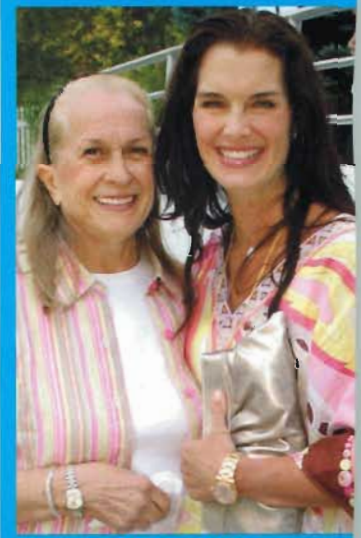
EXCLUSIVE AT HOME WITH THE TEEN MOM

Gov. Sarah Palin's daughter talks about her life with baby Tripp. 'If girls realized the consequences of sex, nobody would be having sex,' says Bristol. 'Trust me. *Nobody*'

Bristol Palin and son Tripp, photographed for PEOPLE on her graduation day, May 14, 2009



JON & KATE GOSSELIN
BATTLES BEHIND THE SCENES



BROOKE SHIELDS
My Mother Has Dementia



PEOPLE.COM

SLIMDOWN SPECIAL

I LOST 100 LBS!

Goodbye, fried chicken, hello, bikini body!
How three real women shed 405 lbs. combined—
and their tips for doing it on a budget

NOW
140 LBS.



2004

"Now I don't have
to order online
for extended
clothing sizes,"
says Wyrick.

BEFORE
252 LBS.

Rachael Wyrick

AGE: 35 HEIGHT: 5'7"

HOMETOWN: Knoxville, Tenn.

Growing up in the South, we ate a lot of comfort foods: fried chicken, mashed potatoes, mac and cheese. I never really practiced portion control, so I was always a little heavy; I remember buying a plus-size wedding dress. But it didn't affect me because everyone in my family looked the same. As they've gotten older, though, they've gotten heart disease, hypertension—and I knew that was something that

could happen to me. As a mother of two, I wanted to be active and healthy for my kids, so in 2006 I started LA Weight Loss. It took me a while to get the hang of grocery shopping for healthier foods, like baking a pan full of chicken breast and eating it on top of a salad, or eating fish. But now I love seared tuna. The challenge is when there's a birthday party with hot dogs and pizza. But I've learned I can still have those foods; I just have to keep an eye on how much. And I save up all my starchy favorites for the holidays!

\$ BUDGET TIP \$

Wyrick says she has cut her weekly food bill by about \$50 by packing healthy snacks—such as nuts, raisins and crackers—for her kids instead of taking them for a pretzel and lemonade at the mall. And for those who don't want to spend \$9 a week for LA Weight Loss, there are over a dozen recipes available for free at laweightloss.com, or you can buy the LA Lite Cookbook for \$29.99 at latoyourdoor.com.



