

I lost 87 lb*
I FOUND
a competitor.

I hated
working out—
**UNTIL I LACED UP
MY SKATES.**

My Roller
Derby team?
**MY SECOND
FAMILY.**

I've become
**A PRO at
MEAL PLANNING!**

I'm no longer
**SELF-CONSCIOUS
ON DATES.**

They have to
IMPRESS ME!

**\$74 ON FAST FOOD
IN ONE MONTH?**
It was time
to change.

**KATHLEEN
FULLER**
36, 5'4"



Before

In the past ten years, I got divorced, worked in Japan, and moved solo to a new city—and I gained weight along the way. When my sister asked if I wanted to join the Program with her, I said yes. After I lost the first 40 pounds, I was at a bar and this guy gave me his number. I was so happy, and that feeling pushed me to keep going. When I hit a plateau, I started looking for fun workouts so I tried Roller Derby at the rink nearby. Now I'm on a team and I feel stronger than ever—I've never felt so good!

AS TOLD TO MANDY RICH



**GET
MORE**

Head to weightwatchers.com/kathleen to hear Kathleen talk about her amazing journey.

*People following the Weight Watchers plan can expect to lose 1-2 lbs/wk. KATHLEEN LOST WEIGHT ON A PRIOR WEIGHT WATCHERS PROGRAM.

PHOTOGRAPHY: JOHN KERNICK; HAIR AND MAKEUP: TRISTA JORDAN; WARDROBE STYLIST: LISA CARYL-VUKAS.