

WRITTEN BY SONDRA BARR
 PHOTOGRAPHY BY CARL SCHULTZ
 TIFFANY'S HAIR & MAKEUP PROVIDED
 BY ORANGE SALON, AS PART OF THE
 BIGGEST LOSER PRIZE PACKAGE.

Congratulations, Tiffany McCann! In the four months she spent training with Brenda Bark at Focus on Fitness, McCann lost nearly 60 pounds and whittled 60.75 inches off her 5'11" frame. (For contest purposes, we calculated the winner based on total inches lost in eight key areas.)

"I've exercised in the past, so I know it takes hard work," says McCann. "I knew I didn't have the direction to lose the weight on my own. I needed someone to be there to keep me motivated every day, to have accountability to the weight loss, and to have someone put me on the right track with my eating."

McCann found a match in Bark, owner of Focus on Fitness. Bark put McCann and her fellow competitor, Phyllis Beatty, through a rigorous four-month program utilizing interval training and a detailed nutritional plan. "My program is pretty common for getting results," explains Bark, who started training people after she completed an incredible transformation herself. Bark used the same methods she used to lose weight on McCann and Beatty for the Biggest Loser contest.

"That's what I asked for for Valentine's Day. Instead of a box of chocolates, I asked for a gift certificate for a personal trainer," explains Bark of the step that ultimately led her to become a personal trainer, after going through the proper courses and certifications.

As for McCann, she's learned what's held her back from losing weight in the past: "I've learned so much about what kind of an eater I am. I'm such an emotional eater..." she details. "I was able to talk through the process with Brenda. Before I would have just given in to the eating because there wasn't any accountability. Now I stop, stand back, and ask myself, 'Why do I want to eat this, and why am I making these choices?'"

McCann is looking forward to keeping the weight off by incorporating her new health knowledge with her husband and children. She's also planning on testing her newly-developed fitness by running in the PF Chang's Rock 'n' Roll Half Marathon this month.

"Having a goal is important to me," emphasis McCann. "I've always been a competitor."



MEASUREMENTS	Start	Month 4	CHANGE
Chest	43.50	33.25	10.25
Bicep	11.75	9.25	2.50
Upper Waist	37.50	27.75	9.75
Waist	43.75	28.00	15.75
Hips	46.00	36.50	9.50
Upper Thigh	28.00	21.75	6.25
Lower Thigh	24.25	20.00	4.25
Calf	16.50	14.00	2.50
TOTAL INCHES LOST	251.25	190.50	60.75

STARTING WEIGHT: 221

THE RESULTS!

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Rachel Newcombe, 29
 Stay-at-Home Mom
 5'3"

STARTING WEIGHT: 154.8

MEASUREMENTS	Start	Month 4	CHANGE
Chest	36.50	32.50	4.00
Bicep	11.50	10.50	1.00
Upper Waist	31.00	26.00	5.00
Waist	35.00	28.00	7.00
Hips	42.00	36.75	5.25
Upper Thigh	25.00	21.25	3.75
Lower Thigh	23.25	18.50	4.75
Calf	15.00	14.00	1.00
TOTAL INCHES LOST	219.25	187.50	31.75

"Five days a week of working out was a change to my lifestyle. I learned I needed to make these changes. I also realized why a lot of women don't work out; it has to become important and it needs to become a priority. For four months, I never missed working out with Alan and the team at Gifford Health Institute, that's unlike me. I usually quit working out after a few weeks, not this time!"



James Baum, 32
 Network Analyst
 6'4"

STARTING WEIGHT: 380

MEASUREMENTS	Start	Month 4	CHANGE
Chest	53.50	47.75	5.75
Bicep	19.50	16.50	3.00
Upper Waist	51.00	44.00	7.00
Waist	55.00	48.00	7.00
Hips	51.50	48.50	3.00
Upper Thigh	34.75	28.00	6.75
Lower Thigh	27.75	23.25	4.50
Calf	20.25	19.50	.75
TOTAL INCHES LOST	313.25	275.50	37.75

"Getting the routine down was the toughest part for me. Before I started this program, my problem with working out was that I kept injuring or re-injuring different things. This is the first time I can remember where I was able to work out for four months in a row without getting hurt. It's amazing what a difference it makes when you've got someone designing a program around you, tweaking it for you, and providing motivation."

TIFFANY MCCANN MAY HAVE WON OUR BIGGEST LOSER PROGRAM BY LOSING THE MOST OVERALL INCHES, BUT ALL OUR CONTESTANTS ULTIMATELY CAME OUT WINNERS. EACH PARTICIPANT LOST WEIGHT AND INCHES AND FEELS BETTER! MORE IMPORTANTLY, NOW THEY EACH HAVE THE TOOLS NECESSARY TO MAINTAIN HEALTHY EXERCISE AND EATING HABITS.

A TREMENDOUS "THANK YOU" TO ALAN GIFFORD AND BRENDA BARK FOR THIS PROGRAM. THEY GUIDED OUR CONTESTANTS THROUGH THIS PROCESS AND TRAINED THE PARTICIPANTS MANY TIMES PER WEEK.



Phyllis Beatty, 47
 Flight Attendant
 5'4"

STARTING WEIGHT: 194

MEASUREMENTS	Start	Month 4	CHANGE
Chest	42.00	36.25	5.75
Bicep	11.50	9.75	1.75
Above Waist	38.75	29.25	9.50
Waist	42.00	32.00	10.00
Hips	45.50	36.00	9.50
Upper Thigh	25.50	20.25	5.25
Lower Thigh	23.75	19.25	4.50
Calf	16.25	13.25	3.00
TOTAL INCHES LOST	245.25	196	49.25

"It's been an amazing journey! I can't wear my wedding ring because of all my calluses from working out. The most difficult process was to change the way I think and to make it a life changing experience. This was all new for me: to work out intensely, to eat healthful...now I incorporate it into my life everyday. I've learned to flavor my food and enjoy it without the unhealthy stuff, where before I didn't realize how much I loved salt."

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