

# Biggest Losers Get

PAST WINNERS  
ALI AND MICHELLE  
TALK TO OK! ABOUT  
TRAINING FOR A  
TRIATHLON AND LIFE  
OFF THE RANCH

Photographed by Joseph Montezinos

**A**s this season of *The Biggest Loser* quickly approaches its finale on May 12, OK! takes a trip down memory lane to catch up with past winners — season 5's **Ali Vincent** (far left), who was the first woman ever to win, and season 6 victor **Michelle Aguilar** — at the Shore Club in Miami. The ladies showed off their fabulous beach bodies and opened up about their participation in the second annual Nautica South Beach Triathlon to benefit St. Jude Children's Research Hospital. Michelle talks to OK! about wedding plans, while Ali tells us that her race days have only just begun!

"Sand, humidity and sweat aren't a good combo, but it was about raising money for the kids, so I did it," says Michelle (right).

On Ali: Purple top, Puma. Capri pants, Gap.

On Michelle: White top, Nike. Capri pants, Puma. Sneakers, Nike, \$110; footlocker.com

# Beach-Ready!

## ALI

*“It feels good to feel good about yourself, to reconnect with your body. Your body is alive!”*

### NOW

“For years, I wasn’t even comfortable being in a swimsuit,” she says. “It’s been really liberating.”

### THEN

“I quit setting goals in my life,” Ali says of her weight gain.

On Ali: Bikini, Inca, top, \$75, bottom \$75; theincacollection.com



## MICHELLE

*“I’m impressed with my body. It’s strong and healthy. I’m going to live a fuller life.”*

### NOW

“I’m not obsessed with being perfect,” she says. “My body is great.”

### THEN

“I’ve come such a long way,” she says of the journey.

On Michelle: Swimsuit, Victoria’s Secret, \$78; victoriasecret.com



## OK! A-LIST EXCLUSIVE

### What made you do the triathlon?

**Michelle:** I got a call from NBC with a request for the Nautica St. Jude Triathlon. I was like, "I don't swim or ride a bike," and they were like, "Don't worry, it's a relay. You can run."

**Ali:** I've always wanted to become a triathlete. So when this came up, I was like, I'm in!

### What did you do to train for it?

**Michelle:** When you're on a treadmill and you've got the AC going, it's completely different than when you're dealing with wind and the road. I ran outside so I'd be prepared.

**Ali:** I got to do the swimming portion,

## ‘I TOOK AWAY THAT I COULD BECOME FEARLESS,’

and I'm a swimmer. It was only half a mile. I go a mile every time I swim so I can do a half a mile anytime. But there was no way to practice in open water. So that was a challenge.

### Five years ago, did you see yourselves being able to do this?

**Ali:** No. I was so out of shape! But now,

I'm actually doing a half marathon in Cincinnati in May.

**Michelle:** No way. I'm not an athletic girl; I would never have dreamed I would be doing this.

### What did you take away from *The Biggest Loser*?

**Ali:** I took away that anything is possible. Whatever it is you want to do, you just have to break it down and plan for it. If you fail to plan, you plan to fail.

**Michelle:** I took away that I could become fearless. There are things that I'm totally afraid to do and I'll do them anyway. I'll live through the fear rather than let it stop me or hold me back.

## What I Ate Today...

Here's a typical day in Ali Vincent's diet:

**BREAKFAST:** Protein waffles from the *Biggest Loser* Meal Plan and coffee

**SNACK:** A whey protein shake. I use 1 scoop of the Vanilla *Biggest Loser* protein by Designer Whey, 3-4 strawberries, 1/2 cup non-fat milk, cinnamon & ice

**LUNCH:** 6-inch turkey sub on 9-grain honey oat bread with yellow mustard, lettuce,

tomato, cucumber, onion, black olives, bell peppers and tons of pepperoncini; BBQ Baked Lays

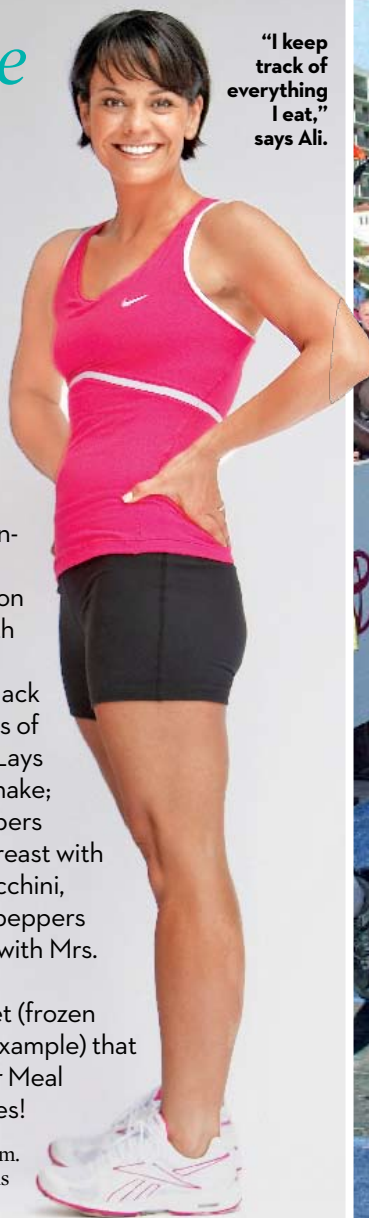
**SNACK:** Another protein shake; hummus with sliced cucumbers

**DINNER:** Grilled chicken breast with grilled veggies — usually zucchini, yellow squash, onions, bell peppers and mushrooms, seasoned with Mrs. Dash and garlic

**DESSERT:** Something sweet (frozen yogurt or cheesecake, for example) that I get from the *Biggest Loser* Meal Plan. They're only 80 calories!

On Ali: Top, Nike, \$35; footlocker.com. Shorts, Fila, \$40; dickssportinggoods.com. Sneakers, Reebok.

"I keep track of everything I eat," says Ali.



Ali (right) joined Michelle across the finish line. "Being part of a team makes it so much better," she says.



Another takeaway was that I keep in touch with Jillian. It was a nice surprise gaining a close friend.

**What have you learned about dieting?**

**Michelle:** To get up and make the best decisions for me; the best choices at every meal. And, if I have a cupcake attack, I have to make up for it with some exercise.

**Ali:** I let myself eat whatever I want, but I track what I eat. The bottom line is, as long as you're burning what you're taking in, you're not going to gain weight. If I burn 2,000 calories, then I get to eat 2,000 calories that day.

**How much weight have you lost to date?**

**Ali:** I weigh 125 now and I weighed in at 122 at the finale.

**Michelle:** The best thing about the show is I walked away saying, "No longer does the scale define me. The way I live my life defines me." I've put on weight, but I feel comfortable with it.

**Michelle, how are the wedding plans coming along?**

I think I would be taking my time enjoying it if it weren't for my sister. Every Monday we meet, and she's like, "This is what we're getting done today."

**How have your lives changed since being off the ranch?**

**Ali:** Every part of my life has changed. Working out is a day-to-day thing. It's something that I choose to do, watching and being conscious of my calories. I never thought or considered any of that stuff before.

**Michelle:** They tell you before you go on the show that you'll remember your life before *The Biggest Loser*, and then after it. It's true. Now I put things in terms of what was before the show and what was after. I've changed so much about me — not that my older life is unrecognizable, but it's just something I don't relate to as much.

**Ali, have you been on lots of dates since the show?**

I dated some fans and didn't realize it. They didn't want to date me; they wanted to date who they thought I was. So now when I meet a date, the first thing I do is make them spin with me. I want to see how they sweat and then we'll talk.

**OK!**

—Shauna Bass and Karen Berg



On Ali: Gold halter swimsuit, Inca.

On Michelle: Gold one-piece suit, Inca.

## How to Strike a Pose

*Biggest Loser* trainer and author of *Master Your Metabolism*, **Jillian Michaels**, gives OK! some tips on how to look good on camera, whether you're on the beach or out with friends.

**Good posture is critical.**

Keep your back straight and your shoulders up so that you appear longer and leaner. Also, remember to flex your stomach muscles. Despite your shape, your abs will appear more toned.

**Don't square off with the camera.**

This can make you look wide, flat and broad. Give a little twist from your hip toward the camera to look more narrow.

**Head up.** Try to push your head forward a bit to avoid the appearance of a double chin.

**Arms out.** Hold arms slightly away from your body with elbows and shoulders back. This keeps upper arm flab from flattening out and appearing flabbier. It also creates the appearance of toned shoulders.