



WILD RIDE

After so many setbacks, Jen (here with son Aidan in 2007) couldn't wait to exercise. "I was ready, ready, ready!" she says.

POWER MAMA
Jen, at 162 pounds, can keep up with all four of her kids: "I'm so grateful to be really active again."

"HOW I

LOST 90 LBS

AFTER 2 SETS OF TWINS!

Ten years ago, this mom was nearly twice her wedding weight. Here's how she got her body back after baby...and baby and baby and baby

by **KATE ROCKWOOD**

AS A KID, Jennifer Hunter spent a few miserable years wishing her stocky body could be more like those of the other girls in her ballet class. As a teen, she'd work out because her parents urged her to. And as a young adult, like millions of women, she dieted and forced herself to exercise, but it never brought her joy. "I hated the pressure of counting calories or minutes of cardio, and feeling like

my self-worth was somehow wrapped up in my weight," she says.

So after her wedding in 2001, Jen (now 40 and living near Boise, ID) decided "I would let go of all that," and what a relief. She enjoyed building a home with her husband, Justin, which included cooking elaborate meals. But, she says, "I had no idea how to scale back a dish, so we'd sit down to eat dinner

with six servings on the table." Just a few months into marriage, she'd put 40 pounds onto her 5' 3" frame. And later that year, Jen was pregnant with twins.

After Jonah and Aidan were born in 2002, Jen was on round-the-clock diaper-and-feeding duty, so losing the extra 20 pounds she retained after delivery wasn't a priority. "I was a total zombie, in absolute survival mode," she says, functioning on packaged food and fast food from the drive-through. She'd cringe if she caught sight of herself in a mirror, but with Justin working and going to school, she barely had time to shower, let alone focus on her health. As the boys grew, it became harder still—a few years later, she was at 252 pounds. "I was so happy in so many ways," Jen recalls, but she'd get winded playing tag and was wiped out at night. A typical evening consisted of rummaging in the cupboard for a pick-me-up of Oreos before watching TV.

Once kindergarten was in sight for the boys and Jen knew she'd have more time to herself, she felt able to make small changes—she stopped buying sweets and chips and limited the family's fast-food dinners to once a week. That helped her drop 30 pounds. "I felt like I was on the right track," she says.

But a year later, she was pregnant with twins *again*. "At first I thought the ultrasound tech was playing a joke on me," says Jen, who underwent no fertility treatments. At 32 weeks, she had an emergency cesarean to save son Rowan, who was dying in utero (doctors didn't know why, but he is fine now). He and sister Audrey spent six weeks in intensive care. Overwhelmed, depressed and again in "total survival mode," Jen regained the 30 pounds she'd lost—plus another 10. →

This time, though, Jen was determined to take care of herself as well as her little ones. “I was just so tired of being unhealthy and overweight,” she says. “I wanted to be able to run and not be held back by my body any longer.” Despite hating to exercise, Jen downloaded the Couch to 5K running app. “I thought, *OK, I’m going to have to do this. But this time, it’s going to be for me,*” she says. She started with 30-second intervals. “I spent the first 15 seconds thinking, *I’m going to die* and the last 15 seconds thinking, *I’m going to make it!*” she says.

Then, only two days into her new routine, Jen tripped and broke her ankle. She was devastated, but she kept the pity party short: After ankle surgery, she spent her recovery learning to cook lighter. Finally, a year later, her doctor gave her the all-clear to run again.

Jen squeezed in runs on her home treadmill during her kids’ naps: “Most people could walk as fast as I ran—a 14:30 mile—but I had to keep going.” Over the next year, her stamina climbed so she could keep going for 30 minutes at a time instead of just 30 seconds, and her weight dipped below 200 pounds for the first time in a decade. Thrilled about her energy level, Jen added weight training to her routine, buying a set of dumbbells to use at home. Once Jen had more muscle mass, her metabolism increased, and she fine-tuned her eating to focus on fiber and protein, using the LoseIt! app to track her meals.

“I never in a million years thought I’d lose 90 pounds, or be able to run for miles or hold a plank pose for minutes,” says Jen, who is down to 162 pounds. Even more surprising, she says, is that she looks forward to her weekly vinyasa yoga videos, long weekend runs and hikes with Justin (who has lost 50 pounds himself). “When I was a teen, I’d exercise just to get my dad off my back, but now I go for me. I love to see what my body can do.” ♦

JEN’S TOP WEIGHT-LOSS TIPS



ENERGIZE IN THE A.M.

“I rarely wake up hungry, but I want to get my metabolism going in the morning. So I try to eat something small with staying power, like yogurt with pistachios or steel-cut oats with chia seeds and a little protein powder.”



INVEST IN A PRO.

“Even if you’re going to lift weights at home, it’s worth setting up a few sessions with a personal trainer so you can learn to do the moves properly and develop a good routine. I also like **bodybuilding.com** for its excellent videos.”



LET GO OF PERFECTION.

“Sometimes I’d intend to lift three times in a week and only fit it in once. Or I’d want to take a long run during the kids’ naps, but wind up on the treadmill for 20 minutes. Cut yourself some slack when things don’t go as planned and celebrate what you’ve done.”

IMPORTANT SAFETY INFORMATION (Continued)

There has not been a confirmed serious case of spread of toxin effect away from the injection site when BOTOX® (onabotulinumtoxinA) has been used at the recommended dose to treat chronic migraine.

BOTOX® may cause loss of strength or general muscle weakness, vision problems, or dizziness within hours to weeks of taking BOTOX®. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Do not take BOTOX® if you: are allergic to any of the ingredients in BOTOX® (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as *Myobloc*® (rimabotulinumtoxinB), *Dysport*® (abobotulinumtoxinA), or *Xeomin*® (incobotulinumtoxinA); have a skin infection at the planned injection site.

The dose of BOTOX® is not the same as, or comparable to, another botulinum toxin product.

Serious and/or immediate allergic reactions have been reported. They include itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Get medical help right away if you experience symptoms; further injection of BOTOX® should be discontinued.

Tell your doctor about all your muscle or nerve conditions such as ALS or Lou Gehrig’s disease, myasthenia gravis, or Lambert-Eaton syndrome, as you may be at increased risk of serious side effects including difficulty swallowing and difficulty breathing from typical doses of BOTOX®.

Tell your doctor about all your medical conditions, including if you: have or have had bleeding problems; have plans to have surgery; had surgery on your face; weakness of forehead muscles; trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (it is not known if BOTOX® can harm your unborn baby); are breastfeeding or plan to (it is not known if BOTOX® passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using BOTOX® with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® in the past.**

Tell your doctor if you have received any other botulinum toxin product in the last 4 months; have received injections of botulinum toxin such as *Myobloc*®, *Dysport*®, or *Xeomin*® in the past (tell your doctor exactly which product you received); have recently received an antibiotic by injection; take muscle relaxants; take an allergy or cold medicine; take a sleep medicine; take aspirin-like products or blood thinners.

Other side effects of BOTOX® include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.

For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please refer to the Summary of Information about BOTOX® on the following page.

BOTOX
onabotulinumtoxinA injection