

I lost 61 lb\*  
I FOUND  
adventure.

NICHOLE  
MORGAN, 36,  
5'6"

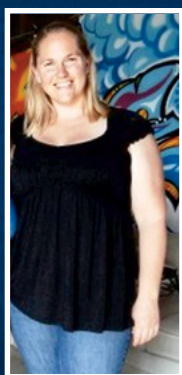
My recent  
MILESTONE:  
A three-day,  
20-MILE HIKE  
in Yosemite!

As a teacher,  
I spread the  
word to my  
students:  
HEALTHY'S  
MORE FUN.

A PULL-UP?  
A VICTORY TO ME!

I'm now a  
brown belt in  
tae kwon do.

Sky's the  
limit!  
I CAN DO  
ANYTHING!



I'm a cooking teacher by day and adventure seeker by night (weekends, too!). But my weight used to hold me back. At 34, I was too heavy to ride a zip line, and it was frustrating. To cope, I turned to food—and I needed to change that. My healthy adjustments affected my job, too: I now teach my 11- to 18-year-old students how to make meals like turkey sausage tortellini soup instead of mac 'n' cheese. I've always wanted to be a role model for kids and now I feel like I am!

AS TOLD TO MANDY RICH



Want more? Head to  
[weightwatchers.com/nichole](http://weightwatchers.com/nichole)  
to hear Nichole  
talk about her experience.

104 \*People following the Weight Watchers plan can expect to lose 1-2 lbs/wk.

PHOTOGRAPHY: GEORGE LANGE; HAIR AND MAKEUP: MILI SIMON/ZENOBIA AGENCY; SHOT ON LOCATION AT SILVA MARTIAL ARTS.