

KYLE RAGONESE

AGE 28 | HEIGHT 6'

LOST 69 LB\*



Before

GET  
MORE

Hear Kyle speak  
about his journey  
at [weightwatchers.com/kyle](http://weightwatchers.com/kyle).

### QUICK TIPS

Kyle's secrets to success:

■ **Start now, tweak later.** Exercise is all about taking that first step. Just keep moving, and you'll find a workout that's perfect for you and your body.

■ **Let others lift you.** Make sure you have a good cheering section. My support system was everything.

■ **Map out your meals.** Know where you're going so you can review the menu beforehand. Why tempt yourself unnecessarily?

"I feel like I'm in control. It's taken my self-confidence to a whole new level."

# member spotlight

All it took was motivation from his father to get Kyle off the couch and on track to a healthy life.

BY MANDY RICH

### TELL ME ABOUT THIS "SAFETY" OUTFIT YOU USED TO HAVE.

Even if it was June and I'd be grilling outside, I'd wear shorts and a fleece sweatshirt! I've struggled with my weight my whole life. I didn't make a change until Christmas break during my junior year of college when I went home 40 pounds heavier. My dad sat me down and talked to me about my weight; it was a real father-son moment. He suggested joining Weight Watchers for Men together—that meant a lot to me.

### WAS THERE FRIENDLY COMPETITION?

Of course! But it was also a great bonding experience. We each would check in to see if the other was tracking, and we'd find **PointsPlus** friendly recipes to make together. We love chicken parmigiana, so we created a lighter version: grilled chicken topped with tomato sauce and sprinkled with fat-free cheese.

### SO YOU ENJOY BIKING, TOO?

Oh, I love it! I realized I needed a fitness goal. I started out running 5Ks, but I got into biking when my sister, who is part of a women's bike league, began taking me out for short rides. Each time, we'd go a little farther. Now I've run two half marathons, and I just completed a 107-mile bike ride. My advice to anyone looking to train for an event? Start small.

### WHAT'S LIFE LIKE NOW?

I used to feel so self-conscious. Now, when I cross the finish line, it's like I can conquer the world.

PHOTOGRAPHY: CASEY KELBAUGH; GROOMING: RUTH FERNANDEZ; STYLING: AMIT GAJWANI.