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THEIR SIZE  
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# Look at us NOW!

"I feel more confident and can wear nice clothes, but it's more than that—I'm enjoying life a lot more now"



"I am a huge excuse-maker," Fiona (at the start of her *Loser* journey) told *Who* a year ago. "Anything come before exercise."

"I kind of have a bit of a shopping addiction now!" says Fiona Falkiner (in Sydney on Dec. 1).

After shedding more than 80kg between them, *The Biggest Loser's* transformed stars—Adro Sarnelli and Fiona Falkiner—are eating up life

**W**atching a dazzling and trim Fiona Falkiner laughing as she works it for the camera, it's hard to believe that a year ago this 23-year-old was the pretty, 101kg girl who couldn't get a boyfriend on Network Ten's *The Biggest Loser*. "It was really the hardest thing I've ever done in my life," says Sydney-based Fiona, who came in fourth. "But it was also the best."

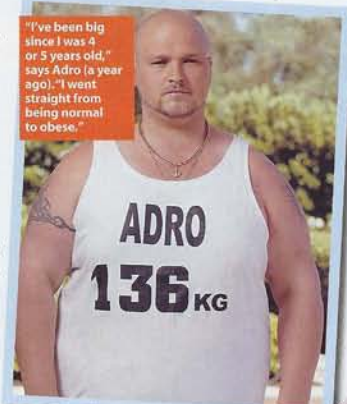
After three months of gruelling workouts, being cut off from family and friends and sticking to a strict eating plan, Fiona dropped 30kg and four dress sizes. "For me, it's not just about the weight loss—although I feel a lot better, more confident, and I can wear nice clothes," says Fiona, single again after finding a boyfriend post-*Loser*. "I'm enjoying life a lot more."

As is fellow contestant—and *Loser* winner—Adro Sarnelli, 27. "The weight loss has changed my life in ways that I never thought I needed to change," says the softly spoken Central Coaster, who, after dropping 51kg, has the looks of a movie star. "I never thought it would be possible to be so enthusiastic about life. I can't remember the last time I woke up and thought, 'I don't want to get out of bed today.'"

Adro grew up on hearty Italian meals; he has six brothers and sisters and weight struggles run rife through the family. His mother wouldn't let him play sports for fear he'd hurt himself. As a result, by the

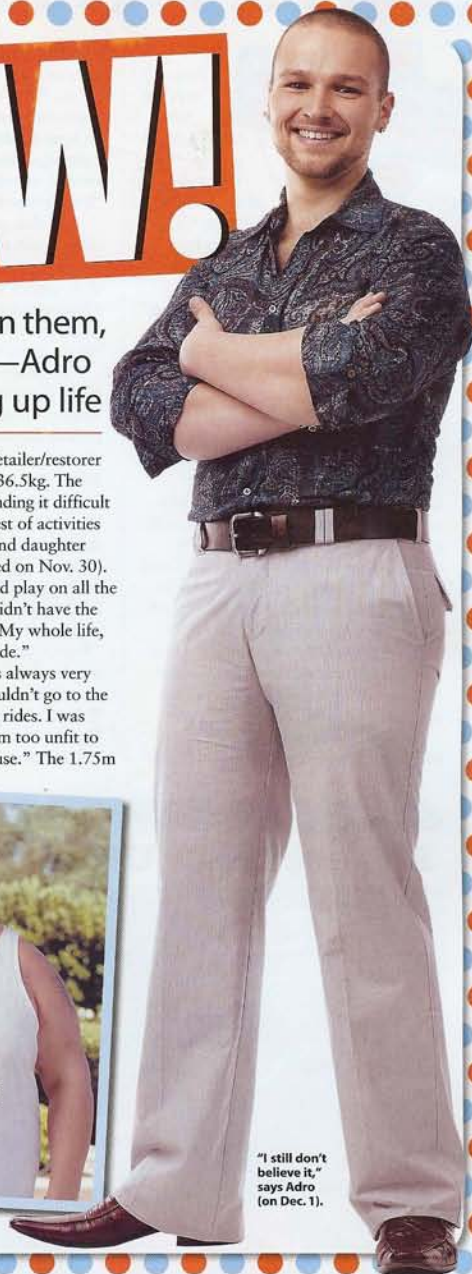
age of 26, the former car detailer/restorer was tipping the scales at 136.5kg. The devoted family man was finding it difficult to participate in the simplest of activities with wife Samantha, 27, and daughter Odessa, 3 (son Eden arrived on Nov. 30). "We'd go to parks a lot and play on all the equipment. Before, I just didn't have the energy and I was so unfit. My whole life, I was watching from the side."

Fiona can relate: "I was always very conscious of my size. I wouldn't go to the beach or for walks or bike rides. I was too embarrassed to say, 'I'm too unfit to go,' so I'd make some excuse." The 1.75m



"I've been big since I was 4 or 5 years old," says Adro (a year ago). "I went straight from being normal to obese."

"I still don't believe it," says Adro (on Dec. 1).



PHOTOGRAPHS BY TOM HOLLAND