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After working as a traveling life coach for years, 36-year-old **Shanna Fried** survived on fast food during the long hours spent commuting to clients' homes.

Eventually, her weight crept up to 269 lbs. "I remember on the inside feeling very disgusted with myself," Shanna tells *Women's Health* of going into stores and not being able to fit into the extra-larges. "I tried everything and it was all difficult. I always hated it."