

2.0

life



Despite her life-changing weight loss, **Jennifer Hudson** has stayed true to who she is. Read on for insider tips on how she's keeping it real, while staying healthy.

After going from a size 16 to a 6, Jennifer has both a new body and a new positive perspective on life. As an overweight child born and raised in Chicago, the actress, singer and fashion icon grew up thinking she would always be heavy. End of story. But it wasn't. When Jennifer signed on to become a Weight Watchers ambassador in April 2010 after the birth of her son, David Jr., she never imagined how dramatically her life would change. Thanks to her perseverance, good habits (from always carrying healthy snacks to turning playtime into workout time) are now second nature. Here, Jennifer shares four routines that have become part of her healthy lifestyle, plus ways to feel great—at any size.

“I liked

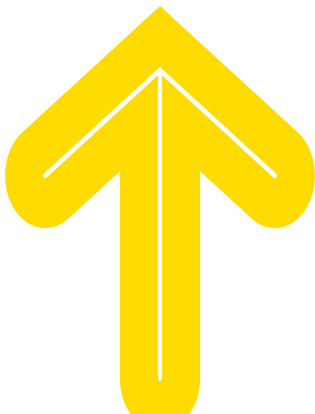
stop to it

crave less

“I liked who I was before I lost weight, and I like who I am now.”

A DIVINE LINE

Jennifer took her love of fashion to the next level by launching her first designer clothing line in September 2012 for QVC. “My clothes are for every woman at every size. Style isn’t connected to how much money you make,” she says. Case in point: Her designs are available in a range of styles and sizes, and many retail for \$170 or less. “Every piece has to look as good in a size 16 as it does in size 6,” she says. “I’m excited to share my passion for fashion with people who want to look their best.”



step to it

A lifelong city dweller, Jennifer always lived in an apartment, so she’s super-excited about putting down new roots with the house she and fiancé David Otunga recently purchased in the Chicago suburbs. **Having her own home has given her a sense of place as well as a few fitness perks:** She spends hours a day chasing David Jr., now 3, up and down the stairs, and the two also engage in morning dance-offs. Another way she manages her weight *and* mentally reboots: running. “Jogging makes me feel powerful and free! I like challenging myself,” Hudson exclaims. “In winter I do the treadmill, and I always say to myself, ‘Just give me 10 minutes.’ If I do those 10 minutes—the next thing you know, it’s 20 minutes, then 10 more. Basically, I trick myself! And I know it’s adding up, because I’m using ActiveLink®.”

get on track

In addition to logging her Activity **PointsPlus**® values electronically, Jennifer uses the WW Mobile app on her iPhone to keep her eating in check. Surprisingly, when she first joined Weight Watchers, **Jennifer wasn’t a great tracker—until she posted a big loss one week after recording every bite she took.** Since then, she’s become a devotee. “All I have to do to look like this is write down what I eat,” she says. “It seems like such a small price to pay.” Hudson has an arsenal of tricks to make tracking easy, from taking pics of meals using the “Snap & Track” feature on WW Mobile if she’s out to dinner to tracking in Notes on her iPhone if she’s on a plane, so she can upload the info later.

For more info on Active Link, go to WeightWatchers.com/activelink.

graze less

Jennifer has racked up some serious frequent-flier miles recently, filming back-to-back movies and a guest-starring role on NBC’s *Smash*. While every project is different and exciting, **Jennifer has learned what she needs to bring to each one—in terms of her talent as well as the skills she gained while losing weight.** She steers clear of on-set treats by tossing a baggie of nuts and a banana into her tote every morning. In fact, the space she now has the most trouble navigating isn’t a movie set: It’s her own kitchen. “When I’m not working and have free time, it becomes too easy to nibble,” Jennifer says. She has found that chewing gum helps her snack less. She’s also cut back on a favorite dessert, banana pudding. “It’s the devil!” she jokes. “No one can bring it into my house.”

flatter me

As confident as Jennifer appears donning one-of-a-kind designer fashions for the red carpet, she’s still not completely at ease with her slimmer self: **“I got used to being plus-size, whereas now it’s like, ‘OK, who am I?’** I keep thinking that I probably need an extra-large or a large, and the stylist is like, ‘No, you need a medium or a small.’ I’m still rediscovering myself as well as how I’m perceived.” But, as she points out, there’s one upside to all this attention: She has more fabulous choices when dressing for an event. “Sometimes I feel like I’m my own doll, dressing myself up.” With her weight holding steady and her star continuing to rise, Jennifer is a fashion force to be reckoned with. 🍷