

Jocelyn Rowse

AGE 15 HEIGHT 5'9" FROM SILVER CITY, N.MEX.
 HOW SHE LOST WEIGHT
 BY ENROLLING IN A BOARDING SCHOOL
 FOR OVERWEIGHT TEENS

PACKING IT ON After her family moved to New Mexico when she was 11, Jocelyn used *food* to cope with loneliness. "I'd grab munchies and sit in front of the TV for nine or 10 hours," says Jocelyn, who favored Snickers, pizza and chips. By the end of seventh grade, she was 270 pounds. "[My doctor] told me that, based on the way I'd been eating, I should've had diabetes," she says. "I was ashamed; I hated looking in the mirror."

TURNING POINT Last April, Jocelyn, who had soared to 289 pounds, left regular high school and enrolled in the Academy of the Sierras, a boarding school for overweight teens in Reedley, Calif. During her six months there, she traded her high-fat diet for fruits and veggies, and began exercising daily. "At first, I got out of breath just walking from my room to the gym," she recalls. "But then I was playing basketball and soccer, and actually running!" Now 176 pounds and back in public high school, Jocelyn is training to run the Chicago Marathon in October. "I'm in the best shape I've ever been in," she says. "I'm not embarrassed by how I look. It's amazing!" —ANDREA DeSIMONE

NOW

176
POUNDS

"I have this new self-confidence I'd never had before," Jocelyn says.



<< JOCELYN'S TIP

"I don't binge anymore. I eat to [curb] my hunger, and I eat healthier. I self-monitor and make better choices."



PEAK WEIGHT

289
POUNDS IN 2005