

Mark Gagliardi

Age: 47

Weight Loss:
65 Pounds

Method:
Weight Training

Mark Gagliardi recalls the day he went to buy a new suit and fell in love with an Armani. "The clerk gave me a size fifty-eight [Italian size; about an American size forty-eight] and it was tight. He told me, 'Don't gain any more weight because we won't have any clothes to fit you!'"

Gagliardi already was tipping the scale at 250 pounds. The owner of Eclipse Salon in Tarrytown, Gagliardi had struggled with his weight all his life. "I tried fad diets, NutriSystem, and Weight Watchers, and they all worked"—until he'd plateau. Finally, he found something that *really* worked. "I took up weightlifting and eventually martial arts," says Gagliardi, who holds a second-degree black belt in karate.

Gagliardi was doing four hours of cardio a day and got down to 205 pounds. Then he hurt his knee. Without all that exercise, he rebounded within two years to 250 pounds on his 5'7" frame. When he was ready to begin exercise again, he sought the help of trainer Mike Lipowski of Pure Physique in Shrub Oak. "Like most guys," Gagliardi says, "I figured the more time I spent in the gym, the better." But, Lipowski says, "the idea is to perform the least amount of exercise to produce significant results." Gagliardi now does 20 to 30 minutes of cardio five days a week instead of training seven days, but he works with heavier weights. He is now down to about an American size 42. He has replaced his extra-large T-shirts with mediums and his 38 to 40 pants with size 32 to 34s. "And," he says, "now I actually eat more and train less. Pretty good, huh?"

