

A Loser's Winning Advice

Ali Vincent on how she stays so slim even two years later

Interview

Usually, Ali Vincent's fans try to emulate everything she does. After all, Vincent dropped nearly half her body weight to become the first female winner of "The Biggest Loser" two years ago. And unlike some of the show's other former contestants, she's managed to stay svelte.

But now that she's on her "Mind, Body, Sole" tour with Famous Footwear (which stops by 15651 Emerald Way in Bowie, Md., this Wednesday from 5 p. m. to 7 p. m.), Vincent hopes her followers won't make the same mistake she just did: attempt to run in Skechers Shape-Ups. "I was so close to falling I was pulling air," she says. So, now she's sticking to using the curved-bottom shoes for walking, and saving her running for Reebok's Run Tone shoes.

What Vincent puts on her feet

is much more than a fashion statement, as she tries to maximize her daily activity in order to keep torching calories. That's why she digs these new technologies that activate more muscles. "Anything I can do to add that little extra, why

wouldn't I?" she adds.

Shoes, however, can do only so much. Vincent continues to put in hard work at the gym, sampling everything from kettlebells to Zumba ("If I get off beat, I start shimmying," she says) to running,

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her latest obsession. She trained for — and completed — this year's Boston Marathon, so she's kept jogging to make sure she doesn't need to start from scratch the next time she enters a race. And, of course, the former synchronized swimmer has also found time to get back to doing laps with a masters program. "A team environment holds you accountable to yourself and them," Vincent adds.

This may sound like a lot, but it isn't for Vincent. Her current routine is a far cry from the six to eight hours a day she was spending exercising during the show. "Why would I want to keep up that schedule? I went on 'The Biggest Loser' because I wanted my life back. It's about having the energy to live my life," she says.

For now, that means greeting folks on this tour, talking to them about their weight-loss struggles and organizing impromptu workouts in each city. (Follow @famousfootwear or @alivincent to find out what's on tap in our area this week.) "Everybody says they want to have more fitness in their lives," Vincent says. "Start with me!" VICKY HALLETT (EXPRESS)

Mixed Media



Bedroom Body

After Michaela Brown opened the P Spot (210 Rhode Island Ave. NW; 202-299-9604), the first strip-fitness studio in D.C., her next goal was to make a series of DVDs. Finally, four years later, "Exoterobics Volume One — Strip Aerobics" is for sale (\$24.99, Bringitupsexy.com).

The DVD alternates between in-depth lessons in which you learn undulating exercises and faster-paced segments that string the sexiness together into a choreographed dance you can use as a workout or in the bedroom. Moves include the "snake" (a slow, controlled body roll) and "butterfly" (keep your foot planted while tracing a figure eight with your knee for an inner- and outer-thigh exercise). Newcomers might feel self-conscious at first, but Brown and her backup dancers will soon make you proud to "bring it up sexy." Pole and chair DVDs are next. JULIA BEIZER

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