

# Bride- to-be

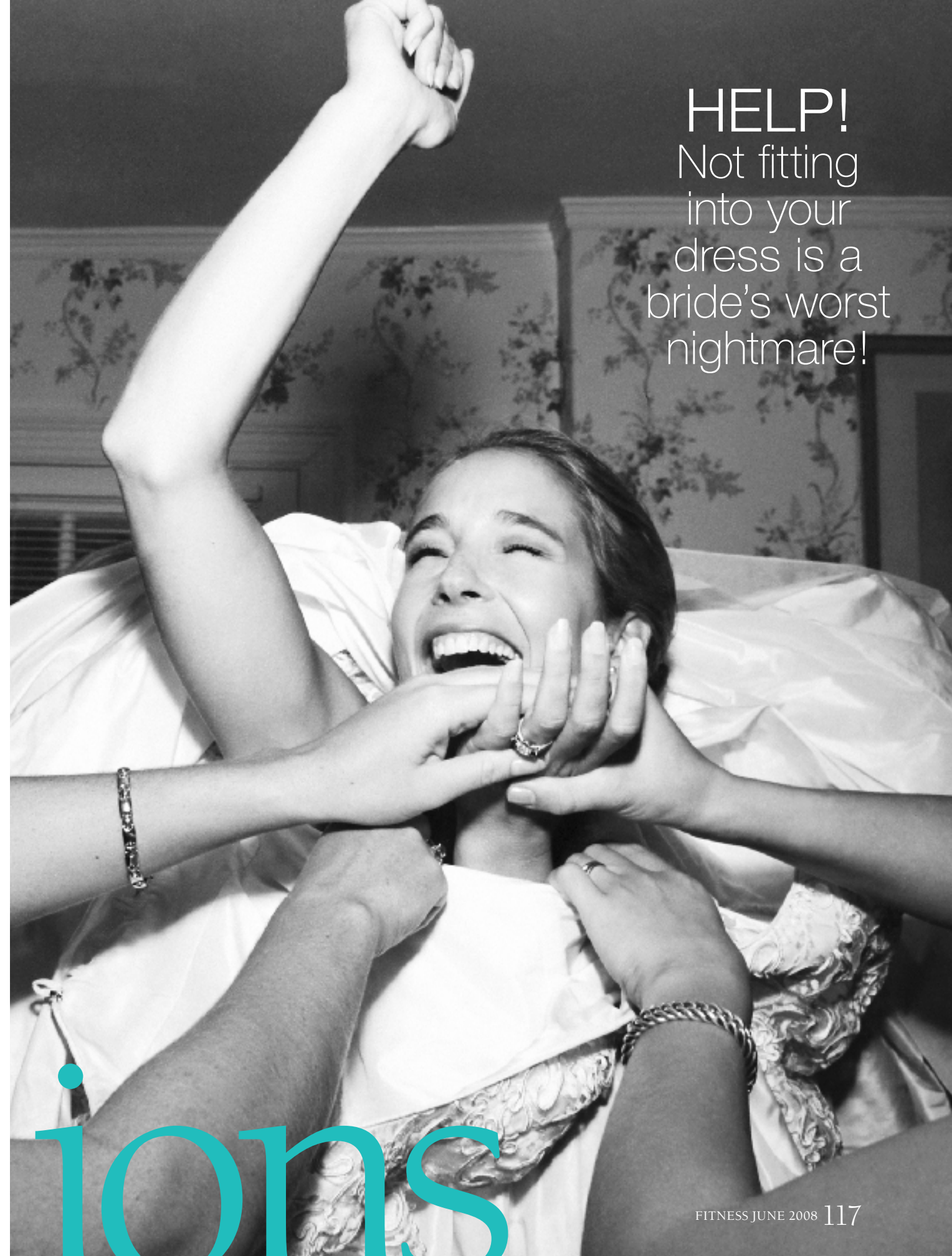
How far would you go to look your best on your wedding day? In our exclusive survey, 1,000 brides tell all.

BY HOLLY PEVZNER

Reception hall? Check. Flowers? Check. Groom? Check. Shed a quarter of your weight by your wedding day? Wait—what?! FITNESS surveyed more than 1,000 brides-to-be and discovered that 83 percent want to slim down before the big day. And not just by a little: Thirty-three percent are hoping to unload 30 or more pounds, even though 63 percent say their fiancé loves their body exactly as it is. That's no jaw-dropper for personal trainer Sue Fleming, author of *Buff Brides*, who says that to-be-weds are way more body-conscious today than they were just 10 years ago. Blame it on fashion. "Dresses are tighter, sleeker-fitting," says Fleming. "Shoulders are exposed—and backs. No more huge skirts that cover everything."

Even with all that extra exposure, our survey finds that brides worry about being upstaged—more by the groom than by the bridesmaids! Is that why 80 percent seek a dress that offers a bit of tummy camo? And why 29 percent say they'll be sucking it in at picture time? FITNESS knows how vital it is to look as great as you feel on your wedding day. (Three newlywed staffers share their wedding-day slim-down secrets on these pages.) We also know that keeping fit post-nuptials is one of the best wedding gifts you can give yourself. (And you agree: Eighty-eight percent of those polled say maintaining their bridal body is important.) Keep reading to see the many ways brides-to-be are trying to achieve body nirvana on their wedding day.

HELP!  
Not fitting  
into your  
dress is a  
bride's worst  
nightmare!



# confessions



ONLY  
14%

of brides-to-be say that they are currently at their IDEAL WEIGHT.

More than **TWICE AS MANY WOMEN** as men want to lose weight for their wedding (83% vs. 34%).

1 in 5 women would **postpone her nuptials** if she wasn't **at her goal weight** by her wedding date.



**BODY PART WE LOVE...**  
46% of brides want a wedding dress to show off their **cleavage**.



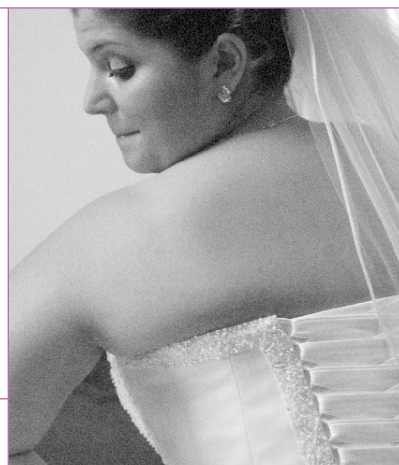
**BODY PART WE FEAR...**  
80% want a gown that conceals their **belly**.

## Wacky Wedding Mad Libs

Brides are willing to give up **sugar** (32%) and **carbs** (28%) to look fab on their wedding day. They're also up for sacrificing their **gifts** (25%) and **honeymoon** (26%) if it means reaching their ideal weight by the I-do's. Some would even be willing to **gain 25 pounds** (23%) later, if it meant losing 15 in time to walk down the aisle.

**YAY!** One in two women plans to still fit into her wedding dress 10 years from now.

**YIKES!** The rest of you give yourselves 12 months, tops, before you bust out.



**GOT...BACK FAT?**

32%

of women polled want "back camouflage" on their wedding day, while...

17%

of women want to show it off.

IT'S NOT ALL ABOUT THE BIG DAY 88% think it's important to maintain their weight loss after the wedding.

HE LOVES  
YOUR BODY  
exactly as it is.

63%

of brides-to-be say their fiancé wouldn't change a thing.

BUT DO YOU  
LOVE HIS?

Not so much. Only

47%

of engaged women say the same thing about their man.

## In Our "What Were They Thinking?!" Category...

1 in 7 women say they'd fast for a week before heading to the altar. (Of course, by that point, they'd be too weak to walk down the aisle, but we digress...)

36% would take weight-loss pills or supplements to get rid of the weight.



29% would move in with their mother-in-law if it meant reaching their ideal weight in time for the Big Day.

6% are willing to go under the knife to look wedding-day ready.



It would be fun to wear my wedding dress again, but there's no chance it would zip." —Jessica, 30

**SUCK IT IN!** That's what 29% of women will be thinking during their wedding photos, but 62% will be focused on how great they look.

[EDITOR CONFESSION!]

"I ran to the altar!"



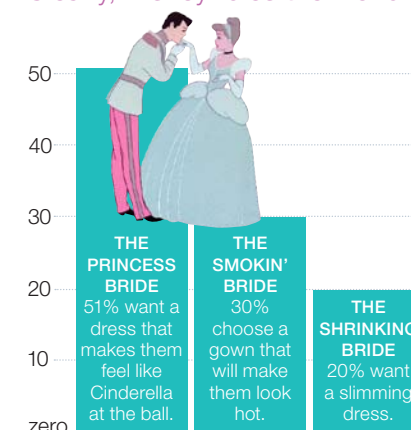
"Sure, I wanted to look fabulous—more toned and slimmer than usual—on my big day, but I didn't want to spend 12 months stressed out on some crazy diet or at the gym every waking minute. Instead, I signed up for my first marathon.

Training got me outside no matter how busy or tired I was, and it made me super-aware of what I should and shouldn't be eating or drinking. Plus, after hours of debating things like what color fonts to use on the invitations, I looked forward to the mental breaks my long runs gave me.

By the time I slipped into my wedding dress, I had no idea what I weighed (I avoid scales as much as possible), but I felt strong, sexy and healthy walking down the aisle. When I tell people I ran the New York City Marathon one month after returning from my honeymoon, I get strange looks, long stares, even gasps of horror. But it was one of the best decisions I ever made—second to marrying Eddy, of course." —Lindsey Emery, fitness editor

## PRINCESS SYNDROME

Clearly, Disney rules the world.



I've been dieting and exercising for the wedding. I hope it has a positive effect on my fiancé. He could stand to lose some weight too!" —Briana, 32

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I didn't encourage anyone in my wedding party to lose weight, but I did choose dresses that were rather formfitting, which might have given a strong suggestion." —Danielle, 28

MATCHING  
DRESSES, SHOES,  
HAIR—AND  
WAISTLINE?

17%

of engaged women admit to considering their friends' weight when selecting a bridal party,

5%

say they actually encouraged their maids to shed pounds pre-ceremony.

Your top two  
tricks for losing  
weight

43%

of you double your workout time.

41%

go on a strict diet.

## THE CELEB BRIDE

you most want to look like



27%  
Eva Longoria



27%  
Jennifer Lopez



24%  
Katie Holmes



22%  
Katherine Heigl

[EDITOR CONFESSION!]

"I was saved by Spanx"



"It started with my dress. I knew it was The One the second I saw it, and when I put it on, I vowed to lose 10 pounds. I'd never tried to drop a set amount of weight by a certain date, but I was packing an extra 15 pounds and I had seven months. How hard could it be?"

While losing five pounds was doable, keeping it off—and shedding more—was a whole different ball game. I just couldn't get the scale to budge lower. As the months of frustration wore on, I eased off. I figured I'd step up the exercise and dieting a month or so before the wedding; the last week, if necessary, I would simply stop eating.

I was counting on desperation to pull me through those final days, but hunger won out. In the end, I turned to Spanx—truly the greatest thing to happen to womankind. In the back of my mind, I knew I had that option, and maybe that was why I failed. Or maybe it wasn't meant to be. Ten pounds seemed like nothing—and it is, I can tell you, up or down." —Caroline Hwang, senior news editor

IT'S PINK! IT'S TAFFETA!  
IT'S A BRIDESMAID!

A measly 4% of brides-to-be admit to purposefully selecting unflattering bridesmaids' dresses. So how do the other 96% explain their, um, interesting choices?!

You're looking  
to lose...a lot

33%

of brides-to-be want to shed 30 or more pounds for the big day.

He's looking to  
lose...a lot less

11%

of grooms-to-be want to do the same.

[EDITOR CONFESSION!]

"I stressed myself slim"



"I dropped 20 pounds before my wedding—accidentally. I know that sounds nuts, but all of the stress of planning made my appetite vanish. At the office, I was so focused on getting things done in order to leave at a sane hour that I sometimes forgot to eat lunch, and I completely stopped hitting the vending machine for an afternoon snack. After work, I would run around town, squeezing in a wedding-related appointment or searching for stuff like crystals for the centerpieces. Even when I came home, I'd take maybe four bites of dinner and then get caught up in one of my many projects, such as making the invitations.

I was so preoccupied—okay, obsessed—with the wedding that I didn't notice how thin I was getting. I was surprised to realize I was down to exactly what I weighed as a teenager, but now I'm happily married—and back at my regular healthy weight!" —Tara Canova, deputy photo editor

WHAT'S MORE IMPORTANT  
ON YOUR  
WEDDING  
DAY?

THAT  
YOU  
FEEL

CALM & RELAXED 79%

THIN & BEAUTIFUL 21%

COUNTDOWN TO THE DRESS

46% WILL AMP UP GYM TIME IN THE FINAL WEEKS.

33% WILL GO ON A MAJOR DIET TO SHED THE LAST 5 TO 10 POUNDS.

30% WILL TRY ON THE DRESS DAILY TO MAKE SURE IT STILL FITS.

SIZE SECRETS

1 in 3 brides purposely buys a dress that doesn't fit.

BOUGHT  
TOO SMALL  
22%

BOUGHT  
TOO BIG  
11%

67% BOUGHT JUST RIGHT

Hopefully, I won't be completely fanatical about my weight as the wedding approaches. As it is, I've already done a five-day cleansing fast and lost five pounds." —Georgia, 26

What would you  
rather overhear on  
your wedding day?

"SHE LOOKS SO BEAUTIFUL!" 52%

"SHE LOOKS SO HAPPY!" 46%

"SHE LOOKS SO THIN!" 2%

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