



FRIDAY-SATURDAY, AUGUST 20-21, 2010 Soldotna-Kenai, Alaska 50 cents newssta

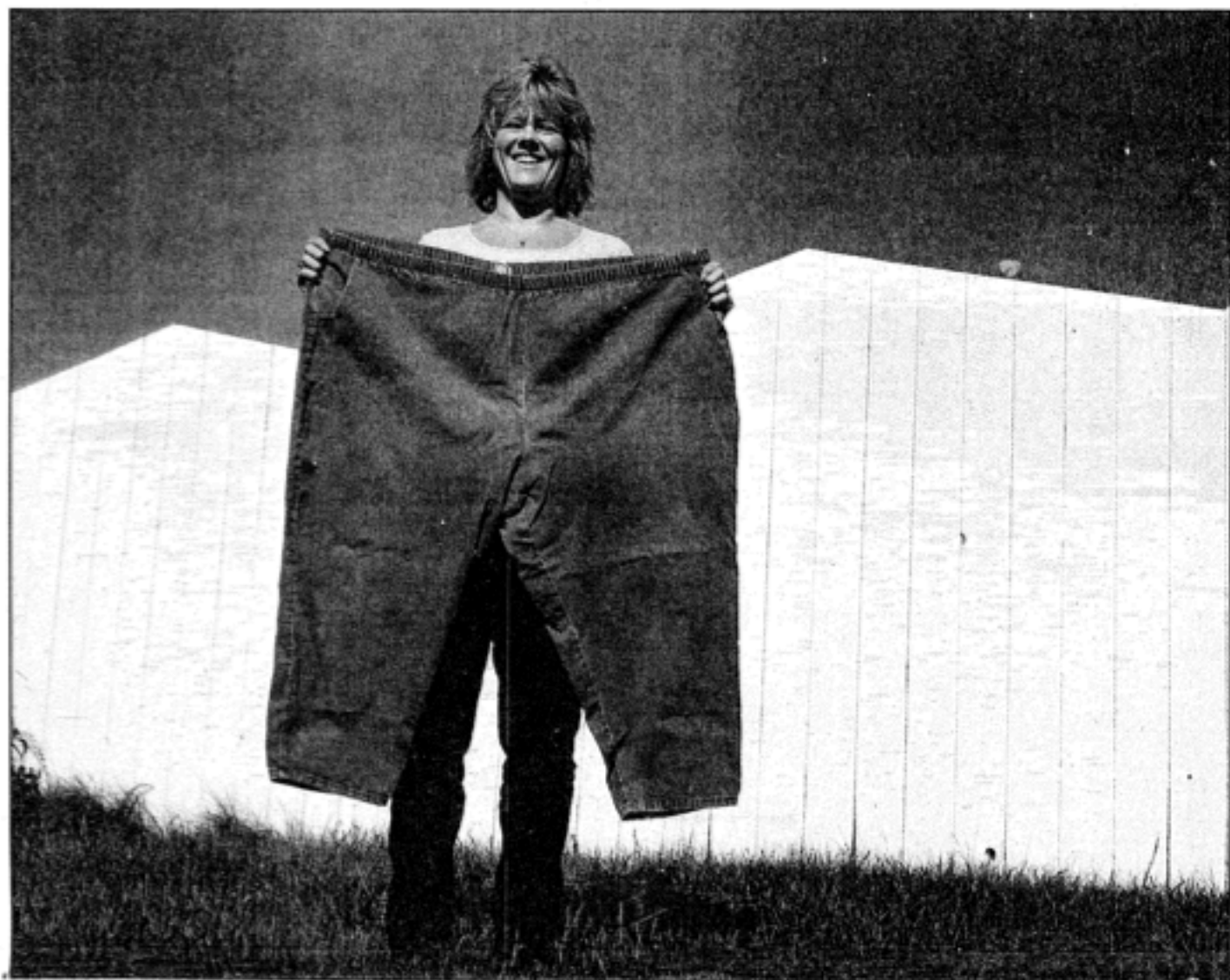


Photo by M. Scott Moon

Jackie Mouser shows off the pair of pants she fit into three years ago. She has lost 216 pounds.

Taking it all off

Soldotna woman loses 216 pounds 'the right way'

By BRIELLE SCHAEFFER
Peninsula Clarion

Jackie Mouser can now fit herself into one of the pant-legs of her old 5X-sized jeans.

But that's not the only thing she can do.

After losing 216 pounds total over the last three years, the 39-year-old Soldotna resident breathes easier, sleeps better and has more energy during the day.

Those are just some of the rewards from her monumental weight loss which she attributes to portion control, exercise and being a member of the international weight-loss support group program TOPS, meaning "taking off pounds sen-

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— Jackie Mouser

sibly."

One of Mouser's biggest awards from her weight loss was being crowned the International Queen Runner-Up last month at the TOPS International Recognition Days conference in Nova Scotia, where she was recognized for losing 177

pounds while being a part of the organization.

"Just to stand in front of all those people knowing I inspired them was such an amazing feeling," Mouser said.

And she has high hopes to share her weight loss story.

Recently, Mouser was included as part of a TOPS weight loss documentary.

"I would like to eventually get on 'The Today Show,'" she said.

A long journey

Mouser carried more than 357 pounds on her 5-foot-3 frame before she hit rock bottom.

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