



HERALD photo/Lyndel Moody

Ali Vincent, left, guest speaker Monday night, signs a copy of her book "Believe It. Be It." for Stephanie Ferguson while Kelly Ferguson watches. Vincent is the first female winner of the popular "The Biggest Loser" show and spoke to a large crowd at the Dorothy Garrett Coliseum.

Vincent brings enthusiasm, a 'you can do it' message

By **LYNDEL MOODY**

Features Writer

Ali Vincent, fifth season winner of NBC's "The Biggest Loser," certainly didn't forget to bring her enthusiasm to Big Spring Monday night.

As a contestant on the popular reality show, she lost 47 percent of her body weight and more than 100 pounds within a five-and-a-half-month period. As a motivational

speaker, she is spreading the message that people can effect change in their lives through determination and a positive attitude.

And Vincent brought that "Believe It. Be It" attitude to share with the large crowd that attended the program held at the Dorothy Garrett Coliseum on the Howard College campus. The program was jointly sponsored by Scenic Mountain Medical Center's Healthy Woman program and the Howard

College Foundation Lecture Series.

At least two attendees hoping to be inspired by her story weren't disappointed.

"I'm starting to train again, and I thought this would help get me going," said Kelly Ferguson of Kerrville.

"I talked her into coming because I'm one of the Healthy Woman members," added Kelly's sister-in-

law Stephanie Ferguson of Coahoma. "She's lost 100 pounds already. I think she was inspired by "The Biggest Loser."

"She (Vincent) is absolutely amazing, and she makes you want to go home and start setting your goals."

Vincent started the show weighing in at 230 pounds and was eliminated from competition early. She was chosen to return later in season and ended as the first woman to win the competition in the show's history. Along her journey, Vincent said she realized her biggest obstacle was her attitude.

The Healthy Woman program is geared toward women between the ages of 25 to 65 to provide education, support and resources for healthy living and boasts a membership of more than 900. Membership is free.

For more information call (432) 268-4842 or visit the hospital's website at smccares.com. For more information on Vincent, visit her website at alivincent.com.