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Wedding Diets: Brides Reveal Their Best Weight-Loss Secrets

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By *Jessica Solloway*

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Wedding Diet Tip 1: Sculpt and Tone with the Bar Method

"I have always been a runner and a walker, so I kept that up two or three times a week and incorporated [Bar Method](#) into my workout about twice a week in preparation for my wedding. Bar Method really helped tone my body—especially my arms—and I would recommend it to everyone. It is an incredible workout. I also used [Weight Watchers Online](#) to help with my diet. The stress of planning the wedding combined with the fact that 250 people would be looking at me in the least flattering color out there really seemed to help motivate me! Now, I am very happy to be married and back to wearing my favorite color—black." -Lizzy, San Francisco, CA