

# Dawn of a new day

Restaurant owner Dawn Bartolini stepped away from the family business — and lost 115 pounds.



she says. “He posted it on social media, and I was shocked at how big I had become. I was embarrassed and ashamed.”

### Arrivederci, Pasta

Bartolini made up her mind to change her lifestyle, and she started with her snacking habits. She did away with chips and dip — things she craved on a daily basis — then eliminated pasta and cheese bread.

“I focused on getting my clothing to fit better instead of being focused on the scale,” says Bartolini, who began journaling every single thing she put in her mouth. “I wanted to be consistent and not fail by setting unrealistic goals.”

Next, she began to eat lean protein and vegetables, started counting her macros and began taking measurements of her body every two weeks to track her progress. Eight weeks into her new lifestyle, she joined a gym and began walking on the treadmill and lifting weights, using workouts featured in *Oxygen* as her guide.

### Ciao, Bella!

It took 18 months for Bartolini to lose 100 pounds, and the journey to better health became a family affair — her husband, Christopher, also dropped 100 pounds, their daughter took up kickboxing and their son discovered weightlifting.

“I could never swim, bike or run before, but I’m proud to say I now enjoy competing in sprint triathlons,” says Bartolini, who went on to lose an additional 15 pounds by doing activities she loves, including shoulder cable flies, weightlifting, swimming laps and riding her road bike.

In order to fully reinvent her relationship with food, Bartolini ultimately decided to step away from the restaurant and became a transitional success coach. “I’m showing others how I made my life transformation, and my goal is to inspire more women to follow in my footsteps to lead healthier and happier lives by bringing about extraordinary and sustainable changes,” she says.

### stats

Dawn Bartolini/  
Tinley Park, Illinois

age: 50

height: 5’4”

old weight: 257 lb

current weight: 144 lb

occupation:

Transitional success  
coach

### Dawn’s Fave ...

► **Meal motto:** I look at food differently now — it’s my fuel — so I always evaluate if my choices serve me or not.

► **Dinner:** My husband makes a great grilled salmon with jalapeños and red onions, and sweet potato pancakes with grilled vegetables.

► **Mind-over-matter mantra:** If it doesn’t serve you, it doesn’t deserve you.

**f**rom high stress and sleep deprivation to contact with chemicals and heavy machinery, most jobs come with a few health hazards. For Dawn Bartolini, those hazards came in the form of pasta, pizza, lasagna and meatballs. As the co-owner of an Italian restaurant in Chicago, Bartolini ate these items as staples in her diet. She added an occasional salad to the mix now and then, but not without piling on extras like roasted corn, tortillas, cheese and dressing.

The long hours and hard work of running a restaurant took its toll over the course of 19 years. Coupled with the responsibilities of motherhood, Bartolini found she had little “me” time left to care for herself. But in 2013, her self-neglect became painfully obvious.

“My son took a picture of me sitting in the school hallway waiting for parent/teacher conferences,”



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▲  
Before and  
after photos  
of Dawn