

Subway's Biggest Loser

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He's known simply by his first name -- Jared -- and his claim to fame is being a loser, in fact a super-loser.

Meet Jared Fogle, who, as a college junior, shed a whopping 245 pounds on a self-devised diet of Subway sandwiches and became a spokesman for the fast-food chain in the process.

Now he has reached another milestone: maintaining that weight loss for 10 years.

With a rising obesity epidemic, the number of people who need to shed triple-digit pounds is also increasing. A growing number try to meet that goal surgically with stomach stapling or gastric bypass. That makes Jared's accomplishment all the more important.

"It's fantastic that he's done this, because weight-loss surgery is taking on such emphasis," says Brown University psychologist Rena Wing, co-founder of the National Weight Control Registry, a group of 6,300 "successful losers" who have shed at least 30 pounds and kept it off for at least a year.

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