

VOGUE

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new order

Over four months, Laura and Kate Mulleavy, the designers behind Rodarte, learned to make time for exercise and healthy eating. How they lost the weight without losing themselves. Photographed by Arthur Elgort.



AGE OF CONSENT

Laura and Kate Mulleavy, taking a bow during the spring New York collections in September 2007.

They ate calorie-controlled meals from Fresh Dining and stopped replacing breakfast and lunch with coffee and candy. They gained energy and a sense of calm, even as their fall-show preparations kicked into overdrive. Kate learned that it was fine to not do everything herself and to enlist the aid of a trainer. Laura learned that she needs exercise to get her moving in the morning, that she now craves it. And, yes, they lost weight—more than 30 pounds for Kate and just over 20 for Laura.

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LAURA: The meal delivery from Fresh Dining has started. It's very easy, and I don't feel deprived on 1,300 calories a day. I hadn't realized, though, how many vegetables I never attend it is rather shocking how much cauliflower we get. I will E-mail them I prefer broccoli.

Breakfast is now my favorite part of the day. It's fun to have pancakes (!) and French toast and fresh fruit.

Fresh Dining is making our lives so much easier, although carrying a lunch pail to work every day is rather silly. I feel like I am eating all the time now—which is a big change. Before the program, we would eat candy for dinner if we were tired. Now we have steak. No candy or sweets this Halloween, we've decided.

The Fresh Dining plan has really changed my approach to nutrition. Once you understand portion control. Everything is a piece of cake.

So the Fresh Dining people got a *long* list of foods that I don't like.

Fresh Dining has been giving us the best desserts! Their chocolate is amazing.

VANISHING POINT

"We're happy with who we are and focus on creating things and enjoying life," says Kate [FAR RIGHT]. "Everyone has issues with their bodies. . . . In the end, it's the imperfections that are most captivating." All clothes Rodarte; hair, Odile Gilbert; makeup, James Kaliardos for L'Oréal. Sitings Editor: Lawren Howell.

