

## Body Watch

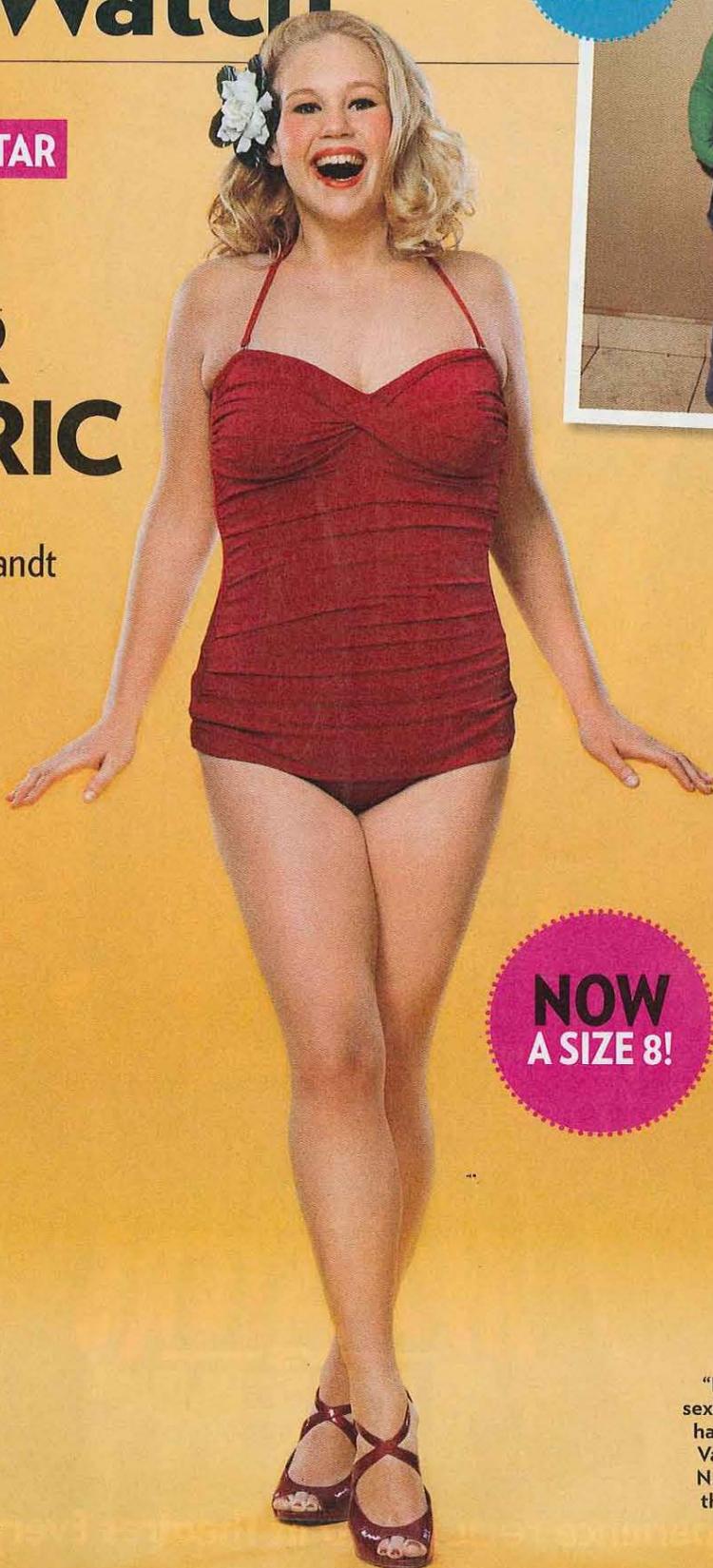
GUIDING LIGHT STAR

# BODY AFTER GASTRIC

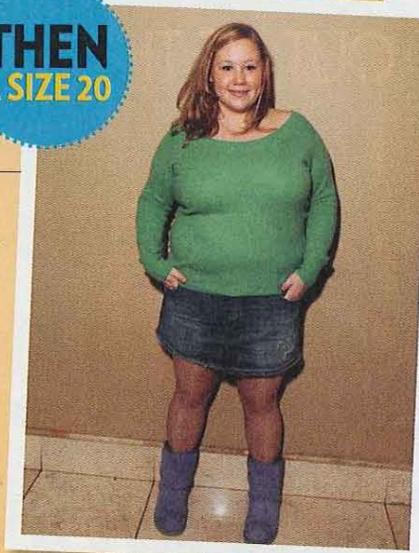
A year after lap-band surgery, Caitlin VanZandt is 90 lbs. lighter and ready for the beach

Growing up, "I was the kid on the beach who wore a shirt into the water," admits *Guiding Light* star Caitlin VanZandt. But one year after having lap-band surgery (which shrinks the stomach to the size of a golf ball) she has lost 90 lbs.—and all her inhibitions. "This is the first time I felt good enough to say, 'Here I am, world! And I'm in a swimsuit!'" she says. "I feel slimmer through my arms. I'm definitely showing more leg. I'm showing more of everything!" To keep her body toned, VanZandt, 23, eats a diet rich in fish, yogurt and almonds, and also attends belly-dancing and tap classes. But her goal is to lose only another 10 lbs. "I don't know if I want to reach Hollywood's standard of skinny," she says. "It shouldn't be embarrassing if you have hips and a chest!"

By Michelle Tan



THEN  
A SIZE 20



NOW  
A SIZE 8!

"I feel much sexier and much happier," says VanZandt (in N.Y.C. earlier this month).

HAIR: DANIELLE RENE/ARTISTS BY TIMOTHY PIRANO; MAKEUP: ANTHEA KING/ARTISTS BY TIMOTHY PIRANO; STYLIST: BETTI MOSEN/ONE TWELFTH PRODUCTIONS; RED BATHING SUIT BY JANTZEN; SHOES BY CARLOS SANTANA; INSET: ROBIN PLATZER/TWIN IMAGES



See how Caitlin got ready for this photo at [people.com/vanzandt](http://people.com/vanzandt)

Photograph by MICHAEL MURPHREE