



Raúl, with regular guest Sofia Vergara, and Reese Witherspoon.

Raúl de Molina

THE SKINNY ON THE #1 TALK SHOW HOST

THE STAR OF UNIVISION'S EMMY-WINNING ENTERTAINMENT NEWS SHOW DISHES ON CELEBS, ON-SET CRAZINESS AND WHY HE MIGHT HAVE TO CHANGE THE SHOW'S NAME.

RAÚL de Molina might not be a household name if you don't watch Spanish TV, but on the Latin media giant Univision network, there's no one bigger. That's true literally, because as cohost of *El Gordo y La Flaca* (The Fat Guy and the Skinny Girl), Raúl — who is obviously *not* the skinny girl — has to, well, keep up appearances. The funny Fat Man, who recently dropped a few pant sizes, shared insights into both his weight loss and on-screen triumphs.

What's the secret to your show's success?

This is a show that has had the same two

people throughout its 18 years. We have lasted longer than most marriages! We try to mix something serious with something funny. And that's why I think the show has lasted so long.

Who's your favorite celeb to interview?

Shakira has been on the show a bunch of times. When she launched her video for "She Wolf," we put a cage on the show. I dressed like Shakira, I weighed 300 pounds and she got in the cage with me!

You're looking great. What inspired you to lose weight?

I took my daughter skiing at Whistler in late March, and I came back from Vancouver and my clothes didn't fit me. I mean, I was absolutely like, 'Oh, my God.' Even though I had been fat before, at that point I was at like 323 at least. I just didn't weigh myself. Also, my blood sugar had gone a little bit up and the doctor told me to be careful because, you know, I could get prediabetes.

So what was your secret for dropping the extra pounds?

It's very important to exercise. But if you don't do a diet plan, forget about exercise. I talked to some people from SlimFast, and they said, 'Look, we're going to send you the products if you want to try it out and see if you like it.' And you know, SlimFast isn't something that really costs a lot of money. It tastes good, it fills you up. I drink the shakes in the morning and have their snacks at lunchtime and drink a shake in the afternoon. The shakes taste good and what I love is that they only have one gram of sugar. And then I have dinner at nighttime. I just got blood tests a couple weeks ago, and my blood sugar went down four points! ★



BEFORE

"My weight dropped 47 pounds," Raúl says of his success with SlimFast. "It's incredible. I have more energy!"



AFTER

