

# **The Biggest Loser**

**The Biggest Loser Experts and Cast**

The Biggest Loser 30-Day Jump Start Cheryl Forberg, Melissa Roberson, Lisa Wheeler, Biggest Loser Experts and Cast, 2009-02-17 Over the last six seasons of The Biggest Loser, you've watched as contestants shed pounds, got healthy, and dramatically changed their lives for the better. In fact, you may have been so inspired by the show's remarkable success stories that you've considered embarking on your own weight loss journey. If you're looking to get healthy now, there's good news: You don't have to spend time at the ranch to benefit from The Biggest Loser magic. The Biggest Loser 30-Day Jump Start brings all of the secrets of the ranch right into your own home. The Biggest Loser experts—the same ones who advise the contestants—are here to walk you through a 30-day plan that will kick off your weight loss and help you build new, healthy habits. In this book you'll find easy-to-follow menus, recipes, exercise plans, and motivation for each day of the week. You'll also find helpful tips and advice from past Biggest Losers who have been in your shoes, including the nine contestants from Season 7 who left the ranch early to follow this very plan at home. So far, the Biggest Losers have lost more than a combined 10,000 pounds. But for each of them, the journey started with a commitment: to health, to weight loss, and to themselves. The first steps toward a healthier future are in this book—what are you waiting for? Make the commitment, take the leap—and begin your 30 day jump start today!

**Believe It, Be It** Ali Vincent, 2009-11-10 A first

woman winner of The Biggest Loser recounts her weight-loss journey and personal transformation, describing her commitment to achieving a healthy life that enabled her to overcome stress and self-esteem issues and lose more than 100 pounds.

**The Biggest Loser Fitness Program** The Biggest Loser Experts and Cast, 2007-09-18 Introduces a personalized fitness program that offers nutritional advice, simple exercise routines, before-and-after testimonials, tips on how to get started, and modifications for both beginners and advanced readers.

**The Biggest Loser Success Secrets** Biggest Loser Experts and Cast, Maggie Greenwood-Robinson, 2008-03-18 Millions of viewers have watched the contestants on The Biggest Loser, NBC's hit show, radically transform their bodies and their lives. In turn, many of those inspired fans have shed countless pounds on their own by following The Biggest Loser weight-loss program. But as anyone who has tried to get in shape knows, the hardest part of any regimen isn't the battle of the bulge--it's the battle of the mind! Now, the contestants share their diet and exercise success secrets and confess what helped them overcome their biggest challenges. Through their astonishingly candid revelations, you'll learn how to:

- Find the time and energy to work out
- Overcome powerful cravings for your favorite foods
- Avoid slipping back into unhealthy-but comfortable-habits
- Power through weight-loss plateaus
- Overcome the temptation to quit and regain focus
- Maintain weight after reaching your goal

Staying healthy is a daily battle-and The

Biggest Loser contestants have learned what it takes to win! Discover how their tried-and-true diet and exercise tips, insider wisdom, and personal stories can help you achieve your goals and live the life you've always wanted.

**The Biggest Loser** Biggest Loser Experts and Cast, Maggie Greenwood-Robinson, 2005-09-29 The book fans have been clamoring for—the diet and exercise plan that enabled contestants to transform their bodies and their lives on TV's smash hit reality show The Biggest Loser was NBC's surprise hit of the Fall 2004 television season, drawing a passionate audience and prompting people nationwide to start their own Biggest Loser competitions. This unscripted weight-loss drama was based on overweight contestants competing to lose weight and win a quarter of a million dollars with the help of a team of doctors, dietitians, and trainers Bob Harper and Jillian Michaels. On the evening that the first season's finale aired, legions of fans went to the NBC website to look for the diet and fitness plan that the contestants used. It wasn't available to the public—until now. With this book, people looking for change can accomplish the same type of radical makeover of their bodies, their health, and their lives that they saw on The Biggest Loser. The book features the food and fitness plans from Maggie Greenwood-Robinson, Cheryl Forberg, Michael Dansinger, and Biggest Loser Experts and Cast Staff, and motivational tips from the contestants themselves. The contestants' compelling stories and reasons for losing weight, dramatic before-and-after photos, and real-life advice provide the

inspiration and upbeat attitude that made this show a smash hit.

The Biggest Loser Complete Calorie Counter  
Cheryl Forberg, 2006-10-03 Provides a basic guide to the number of calories and fat, carbohydrate, protein, fiber, sugar, and sodium content in basic, brand-name, and fast foods.

**The Biggest Loser: 6 Weeks to a Healthier You**  
Cheryl Forberg, Melissa Roberson, Lisa Wheeler, Biggest Loser Experts and Cast, 2010-03-16  
BASED ON THE HIT SHOW AND NEW YORK TIMES  
BESTSELLING BOOKS Each season on The Biggest Loser, America watches the contestants transform their bodies at the Ranch. But what you can't see on television is the even more incredible physical transformation that takes place on the inside, as Biggest Losers radically change their health and quality of life through diet, exercise, and lifestyle changes. The Biggest Loser: 6 Weeks to a Healthier You brings the Ranch into your home and gives you the same tools, medical advice, nutrition tips, and exercise instruction that the contestants receive there. In just 6 weeks, you can change your future and make strides toward preventing and reversing conditions such as diabetes, heart disease, and high blood pressure. You'll also learn how to: • Boost your mood and brainpower with simple yoga poses and omega-3 rich foods like the Veggie Cheese Omelet and Mexican Turkey Burger. • Protect yourself from colds and flus by enhancing immunity with the power of vitamins A and C, found in the Southern Start breakfast and Fire-Roasted Tomato Soup. • Cut your cancer risk with strength training and the power

antioxidants, like those in the Bye-Bye Blues Smoothie and Berrylicious Oatmeal. • Help prevent heart disease by getting plenty of aerobic exercise and trimming saturated fat from your diet with lean protein dishes like the Sweet Pepper Chicken Sandwich and Egg White Bites. With delicious recipes, easy-to-follow meal plans, and 6 weeks of exercises to get you moving, *The Biggest Loser: 6 Weeks to a Healthier You* helps you lose pounds—and gain a lifetime of good health.

**The Biggest Loser** Robert Grayson, 2010-09 Losing weight calls for proper diet, exercise, calorie counting, and, for some, going on television. Since 2004, *The Biggest Loser* has helped numerous contestants and countless viewers shed pounds that seemed to stubbornly refuse to come off. In the process, *The Biggest Loser* has built a prosperous and successful weight-loss empire, consisting of books, DVDs, exercise equipment, even a resort. The philosophy behind the show is simple: losing weight the old-fashioned way through proper diet, healthy living, and exercise. No diet pills or extreme medical procedures to drop the weight are allowed.

**The Biggest Loser 101 Best Recipes** Biggest Loser Experts and Cast, Cheryl Forberg, Devin Alexander, 2011-08-12 Throughout the numerous seasons of *The Biggest Loser*, America has watched the contestants lose more than 25,000 pounds. In addition to the hardcore workouts the Biggest Losers put in each day at the Ranch, the most essential component of their weight loss plan is eating healthy foods that are low in calories--but

big on flavor. At the Ranch the contestants learn about nutrition, portion control, and meal preparation--and by the time they leave the campus, even those who have never spent much time in the kitchen can cook wholesome, delicious meals for their families back home. In The Biggest Loser 101 Best Recipes, you'll find the very best developed by The Biggest Loser experts and cast over the last seven years. Whether you're craving pizza or a burger, pasta or cupcakes--you'll find healthier, lower-calorie versions of all of your favorite foods right here, along with some new ingredients and flavors you may have never tried before. You don't have to give up the foods you love to lose weight--you just have to make smarter choices. And now, you have 101 ways to start losing weight and get health--one delicious bite at a time.

**The Biggest Loser Bootcamp** The Biggest Loser, 2014-12-30 Every week, millions of viewers tune in to NBC's hit show The Biggest Loser to watch as contestants lose weight, build confidence and change their lives. Now that same comprehensive training and advice can be yours at home! Developed by the trainers and experts from the show, and based on the popular online program of the same name, The Biggest Loser Bootcamp: The 8-Week Get-Real, Get-Results Weight-Loss Program is designed to help you lose weight and maintain a healthy lifestyle. Thousands of people have already used the online Biggest Loser Bootcamp plan to shed pounds and reshape their bodies. Now, for the first time, everything from the online program is captured offline in this easy-to-follow

8-week plan packed with diet, fitness and motivational strategies that work, including:

**Workouts:** Fully illustrated workouts designed by star trainer Dolvett Quince use body confusion to keep your body and muscles working while maximizing fat loss.

**Nutrition:** A whole-foods eating plan based on lean proteins, fruits and vegetables, whole grains and the right carbohydrates, with an emphasis on fueling your body.

**Mental Training:** Guidance on how to retrain your mind to break down unhealthy patterns, take action and create a truly healthy, balanced lifestyle.

**No Guesswork:** Clear instruction that takes the guesswork out of losing weight, so you can focus on the work and on achieving real results.

The book also includes quick meal and snack ideas, detailed daily plans, advice from former contestants and much more. For over a decade, *The Biggest Loser* has helped participants start exercising, push through their mental roadblocks, and go on to lose weight successfully. More importantly, these contestants find the strength within themselves to improve their health and make things happen in their lives that they never believed possible. Now *The Biggest Loser Bootcamp* can help you do the same.

*The Biggest Loser Quick & Easy Cookbook* Devin Alexander, Biggest Loser Experts and Cast, 2011-11-08

The first cookbook in the bestselling *Biggest Loser* series to focus on fast, simple meals that you can eat on the go, *The Biggest Loser Quick & Easy Cookbook* features more than 75 easy recipes with 20 minutes of prep time or less, accompanied by beautiful 4-color



photography. The book also provides an overview of The Biggest Loser eating plan; include five 20 minute workouts with tips on how to burn the most calories in the least amount of time, offer healthy cooking and baking tips and techniques as well as shopping lists and pantry basics; and as always, will feature tips from the trainers and contestants on time-saving techniques for fitting healthy meals into busy schedules. The 75 quick and easy recipes include such categories as breakfast on the double, speedy soups and sandwiches, throw-together salads and sides, mains in minutes, lickety-split sweet bites, and more. Sample recipes include: • Asparagus & Chicken Apple Sausage Scramble • Sausage Feta Pepper Breakfast Bake • Blanca Arugula Pizza • Monkey Trail Mix • Caprese Burger • Cold Dumpling Salad • Garlic & Herb Mac & Cheese • Spicy Cayenne Corn on the Cob • Coffee Crusted Chopped Steak • Philly Cheese Steak Pizza • Crispy Pesto Cod • Meyer Lemon Seared Scallops • Chocolate Raspberry Dreamers • Honey Nut Apple Butter Rice Cakes

**The Biggest Loser Success Secrets** The Biggest Loser Experts and Cast, 2008-03-18 Presents the diet and exercise secrets of successful contestants on the show The Biggest Loser, discussing finding the time to work out, overcoming food cravings, and maintaining weight after reaching a weight-loss goal.

*The Biggest Loser Food Journal* Biggest Loser Experts and Cast, 2010-09-14 As any Biggest Loser knows, weight loss boils down to simple math. Carefully tracking food intake (calories in) and exercise (calories out) is essential for

successful weight loss. Now, you can record your calories and track your progress the same way the Biggest Losers do with The Biggest Loser Food Journal. This interactive, indispensable weight-loss tool shows you how to:

- Set a daily calorie budget
- Choose foods on The Biggest Loser Food Plan
- Record daily meals, snacks, beverages, and water intake
- Create an exercise plan and log workouts
- Cook recipes created by The Biggest Loser nutrition team

The Biggest Loser Food Journal will help you stay accountable, discover a strategy that helps you meet your goals, and celebrate your successes. Start tracking—and losing—today!

The Biggest Loser Fitness Program Biggest Loser Experts and Cast, Maggie Greenwood-Robinson, 2007-09-18 Thanks to The Biggest Loser, NBC's unscripted hit show, dozens of overweight contestants have improved their health with dramatic weight-loss transformations. Thousands of inspired fans of the show have undergone personal weight-loss journeys, using the tools and tips provided by the show's experts and medical professionals. Now, the workout moves used by the show's trainers to train and tone the Biggest Losers on television are available for you to use at home or in the gym. The trainers will reveal:

- The most efficient and effective move for a toned belly
- Time-saving workouts designed for today's busy schedules
- Beginner and advanced modifications
- Sensible and real-life eating advice from the show's nutrition experts

Not all of us can be on television, but everyone can use this fitness program for improved health and

weight loss. Complete with advice from the Biggest Losers themselves and built-in motivation from the show's trainers and experts, The Biggest Loser Fitness Program will inspire you to fight fat and become the biggest loser!

**The Big Fat Truth** J.D. Roth, 2016-04-12 When Meredith hit the finish line at the Niagara Falls Marathon last year, people in their living rooms all across America choked up. Who could help it? Here was a young woman who, just a few months earlier, had weighed in at 340 pounds on the hit ABC show Extreme Weight Loss. Now for all the world to see—and merely part way into her one-year effort to pare down—she'd (literally) gone further than she'd ever expected. From barely being able to walk up the stairs to running 26.2 miles in practically no time? The body is an amazing thing. And yet ... it's no match for the brain. It wasn't the strength of Meredith's body propelling her across the Niagara Falls finish line—it was the power of her mind. No one knows that better than JD Roth, who as the number one producer of TV weight loss shows has helped countless overweight people change their bodies—and lives—for the better. Viewers of Extreme Weight Loss, The Biggest Loser, The Revolution and other transformational shows have seen the “technicians”—the trainers, the nutritionists, the doctors, and other health pros who appear on-screen—but they've never seen the heart and soul behind these amazing makeovers. That would be JD, whose production company not only created weight loss television, but who has produced more episodes in the genre than all other producers

combined. He's the behind-the-scenes wizard who gets inside the heads of the shows' participants, encouraging, persuading, prodding, and inspiring them to succeed. Intimately involved in casting the shows' contestants, then seeing them through the weight loss process, he's the guy whose picture they tape onto their elliptical trainers and angrily scream at each night—then hug out of gratitude the next morning. He's the guy who holds them when they cry and the one who tells them they need to get back on the treadmill even though they're crying. JD is the shows' tough-love dad—love being the operative word. Because it's not just TV to JD; he's on a mission to change people's lives. Every fat person (yes, "fat person"—there'll be no sugarcoating here) knows that you need to move more and eat less to shed pounds. Not exactly rocket science. Yet that simple formula doesn't get to the root of what makes someone top out at 500 pounds, or sometimes just carry an extra fifty. The missing link in transformative weight loss is mental and emotional fortitude. Mining the same problem-solving and motivational skills JD has used so successfully with reality show contestants, *The Big Fat Truth* gets readers to address the real reasons they're overweight (and nobody gets away with saying it's because they love food). With his combination of enthusiasm, empathy, no-holds-barred style, and master story-telling abilities, JD helps them unearth and tackle the unresolved issues they've buried under the French fries and chocolate chip cookie. Presented in three parts, *The Big Fat Truth* includes short straight-to-the-point

chapters that help readers identify their real issues, create their own reality show, and then shake up their lives to do the impossible. Included throughout are inspiring stories, advice, and before-and-after photos from people JD has helped to lose weight (both on camera and off), along with quick tips for how to stay accountable and a 30-day plan for putting this advice into action.

**The Biggest Loser** Vanessa Waters, 2009 Millions of viewers of The Biggest Loser have been moved and inspired by the dramatic transformations achieved by the contestants. These brave men and women put themselves through a gruelling regimen to lose one-quarter, one-third and even one-half of their body weight. But, as anyone who has ever struggled with their weight knows, diet and exercise are only half the battle. The greatest challenge is the battle within; and it takes hard emotional work to undo familiar, if unhealthy, thoughts and habits and to learn to see the world differently. In **THE SECRETS OF OUR SUCCESS** contestants share their hard-won diet and exercise secrets and reveal how they pushed through their darkest moments to achieve their spectacular success. There are also invaluable insider tips and tricks from the kick-arse trainers, Shannan and Michelle. The heartwarming and frank confessions help you to - \* adopt positive eating habits and deal with those powerful cravings for your favourite food \* find the time and energy to get active \* stay focused on your important goals and maintain drive and motivation \* develop the persistence and resilience to stay on track

through the tough days \* discover new ways to burst through plateaus \*survive the tricky situations that confront us every day with temptation \* maintain the trim new you once you have achieved your goal-weight The contestants from the Biggest Loser fought their battles of the bulge in public and continue the effort to stay healthy every day. Learn from their experience and let their personal stories and words of wisdom guide you on your way. THE SECRETS OF OUR SUCCESS can help you live the life you have always wanted.

The Biggest Loser Dessert Cookbook Devin Alexander, Biggest Loser Experts and Cast, Melissa Roberson, 2010-11-09 Each season on The Biggest Loser, we watch the contestants sweat their way to a healthier body and a brand new lease on life. But the dramatic changes that unfold on our television screens are only part of the story. To be successful at home, the contestants have to develop strategies and sustainable habits they can maintain for the long haul. And that includes learning how to satisfy sweet cravings—and keep deprivation at bay. In The Biggest Loser Dessert Cookbook, bestselling author Chef Devin Alexander shows you how to indulge sensibly with more than 80 guilt-free recipes made from wholesome, all-natural ingredients. • Rediscover your passion for fruit with desserts like the Naked Apple Tart, Cherry-Vanilla Almond Parfait, and Strawberry Cloud Soufflés • Cool down your cravings with frozen treats such as the Waffle Ice Cream Sandwich, Mango-Peach Key Lime Sorbet Popsicles, and Pumpkin Ice Cream • Share your sweets with a crowd with bake-sale favorites like Fudge Swirl

Peanut Butter Cupcakes, Go Blue-Berry Cobbler Mini Loaves, and Pecan Praline Cookie Thins • Sip your way to satisfaction with the Mango Lassi Milkshake, Peach No-Belly Bellini, and Icy Chai Shake Losing weight is all about making smarter choices—not giving up the foods you love. Turn your guilty pleasures into healthy indulgences today!

The Biggest Loser Simple Swaps Cheryl Forberg, Melissa Roberson, Biggest Loser Experts and Cast, 2009-09-29 The road to a healthier lifestyle starts with small decisions and better choices. Now, with The Biggest Loser Simple Swaps, you can get healthy by simply swapping your old food, habit, and lifestyle choices for healthier versions every day. With 100 simple swaps that cut calories, save money, and provide better nutrition as well as more than 30 mouthwatering recipes that put these swaps into action, getting fit and healthy has never been easier. Learn how to: - Swap lasagna noodles for veggies. Pasta used to be a guilty pleasure for many Biggest Losers-until they learned to make a healthy version. Try replacing lasagna noodles in your favorite recipe with slices of grilled zucchini or eggplant. Better yet, try the Veggie Lasagna recipe in Chapter 4! - Swap traditional yogurt for Greek-style yogurt. Greek-style fat-free yogurt contains the same number of calories as regular fat-free yogurt but has twice the protein and half the carbs. It's a great base for dips, too. Try using it in the French Onion Dip in Chapter 5! - Swap sugary cereals for whole grains. The slow release of energy from complex carbs will help you feel

full and keep your blood sugar steady and your energy revved. Or turn to Chapter 5 to make your own Hi-Pro Vanilla Breakfast Grains! Throughout the book, you'll also find advice and tips from The Biggest Loser experts, trainers, and the contestants themselves, who understand the challenges of fitting lifestyle changes into a busy schedule. These simple, budget-friendly swaps can make a major difference in your health and weight loss efforts. Start swapping-and losing-today!

*Lose It Fast, Lose It Forever* Pete

Thomas, 2012-09-13 Foreword by Jillian Michaels One of the most successful contestants on NBC's The Biggest Loser shares his time-tested fitness program, which has helped hundreds of his students lose weight . . . and keep it off. Pete Thomas weighed more than 400 pounds when he landed on the NBC hit reality show The Biggest Loser. Nine months later, he won the \$100,000 prize after losing a whopping 185 pounds. Determined to help others, he now teaches a weight-loss program that has led to lasting results in hundreds of students from all walks of life. In *Lose It Fast, Lose It Forever*, he makes his phenomenal four-step process available to everyone. Raised in and out of foster care because of his mother's mental illness, Thomas knew the pain of physical and emotional hunger throughout his childhood. This has given him special insight as a weight-loss coach, and his turnaround is a remarkable testament to his program. These fundamentals provide lasting results: start with a commitment to lose just one pound at a time; create transformational life



changes in your mind, mouth, and muscles; get rid of even those last, few, pesky extra pounds; and learn how to maintain a lifetime of fitness and health. Easy-to-implement action steps will keep readers motivated. With recent achievements that include completing two triathlons and delivering the keynote address at the National Congress on Obesity, Thomas's inspiring story will help all readers discover the winner within.

**Are You Ready!** Bob Harper, 2008-04-01 On The Biggest Loser, Harper gives contestants the practical tools and psychological insights they need to get into shape. In his book, he offers a strategy for getting at the root of negative thought patterns, an easy-to-follow eating plan, and a fitness plan geared to make exercise an integral part of daily life.

Eventually, you will agreed discover a new experience and endowment by spending more cash. yet when? complete you allow that you require to acquire those all needs taking into consideration having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will lead you to understand even more re the globe, experience, some places, past history, amusement, and a lot more?

It is your entirely own times to con reviewing habit. among guides you could enjoy now is **The Biggest Loser** below.

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