

Biggest Loser.jpg

Cheryl Forberg, Melissa Roberson, Lisa Wheeler, 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!

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 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.

Believe It, Be It Ali Vincent, 2010-10-12 The first female winner of The Biggest Loser shares her inspiring story of weight loss and personal transformation When Ali Vincent became a contestant on NBC's hit show, The Biggest Loser, her weight was at an all-time high of 234 pounds—and her life had reached an all-time low. Like millions of Americans, Ali struggled for years with poor eating habits, family problems, stress, and low self-esteem. After years of being afraid, ashamed, and unhappy, she resolved to change her life. *Believe It, Be It* is Ali's intimate story of personal and physical transformation, and a behind-the-scenes look at life on The Biggest Loser ranch. For anyone who has ever battled with weight or struggled to accept themselves, Ali Vincent's story provides hope that a happier, healthier, more fulfilling life is within reach.

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 Big Loser Raymond Plante, 1989 A love story that begins on the day Francois Gougeon swallowed a fly while riding behind Luc on his Yamaha.

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* by Chef Devin Alexander and The Biggest

Loser Experts and Cast with Julie Will will feature more than 75 easy recipes with 20 minutes of prep time or less, accompanied by beautiful 4-color photography. The book will also provide 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 will 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 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 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 Maggie Greenwood-Robinson, The Biggest Loser Experts and Cast, 2005-10-21 Presents an easy-to-follow diet and exercise plan based on the TV show which combines a weight loss regimen with advice on adopting a lifestyle suited for overall health.

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 Program Jessie Pavelka, 2016-05-10 Simple Changes = Powerful Results in Only 21 Days! For more than 10 years--most recently as the newest trainer on the hit television show *The Biggest Loser* and now inspiring its huge online community -- fitness expert Jessie Pavelka gets results by keeping it simple. Pavelka knows health is all about living well, so he makes it easy to get with the program! For the first time, *The Program* brings together Pavelka's

most effective tips, techniques, and no-fail workouts in book form. Challenge yourself, Pavelka says. Simply commit to making one change every day. The Program is organized by Pavelka's four pillars and his belief that making small changes in these areas leads to amazing benefits. These are: EAT: More than 60 simple recipes that have a ratio of lean protein, good carbohydrates, and healthy fat will reshape readers' relationship with their grocery list./DIV SWEAT: More than 100 workouts are illustrated to inspire novices and experts alike, and the variety Pavelka provides will keep readers engaged. THINK: Wellbeing begins with positive thoughts -- Pavelka's mindful practices are a refreshing blend of affirmation, relaxation, and focus. CONNECT: Pavelka provides tips on how to cultivate a support network that will keep you with The Program. Based on years of experience and successful coaching of thousands of clients on television and off, Pavelka's The Program will help you harness your individual power while losing weight, getting healthy, and enjoying life.

The Biggest Loser Flavors of the World Cookbook Devin Alexander, Biggest Loser Experts and Cast, Melissa Roberson, 2011-03-15 Pizza. Huevos Rancheros. Pad Thai. Enchiladas. Some of America's most-craved foods aren't American in the traditional sense—they're the international foods we love to order at restaurants or have delivered to our homes. But most renditions of these beloved ethnic dishes are full of fat and calories. How can dieters get the flavor they crave, without buying one of those reduced-calorie frozen meals

that are full of salt and other preservatives? Now, with *The Biggest Loser Flavors of the World Cookbook*, you can have your lasagna and eat it too! With more than 75 recipes for favorite ethnic staples as well as legendary regional American cuisine created by Chef Devin Alexander and *The Biggest Loser* contestants, healthy eating has never been more exciting. Discover how former contestants reinvented favorite dishes from their own cultures and regions to fit into their healthy new lifestyle, and how to cut the calories and fat from America's most-loved ethnic foods. And Chef Devin Alexander's reliably decadent creations save both money and calories, as any of these dishes can be made at home for a fraction of the cost of a restaurant or take-out meal. The book will include recipes for meals, snacks, dinners, and desserts, and will cover a wide range of cuisines, from the down-home Southern classics to delicious Asian dishes, Mexican favorites, hearty Italian meals, and many others. The book also includes cooking tips from Chef Devin, weight loss advice from the contestants and trainers, and an overview of the *The Biggest Loser* food plan. *The Biggest Loser Flavors of the World Cookbook* shows you how to expand your culinary horizons—without expanding your waistlines!

The Biggest Loser Dessert Cookbook Devin Alexander, *The 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 Big Loser Sam Coniglio, 2012-05-07

The Skinny Rules Bob Harper, Greg Critser, 2012-05-15 THE LAST DIET BOOK YOU'LL EVER NEED With so much conflicting weight-loss advice out there to confuse your efforts, it's no wonder you haven't been successful losing weight and keeping it off. But with Bob Harper, superstar trainer and co-host of NBC's hit show *The Biggest Loser* as your personal authority and coach, you

can and will finally shed the pounds—whether you want to lose two or two hundred! Distilling Bob's vast knowledge of nutrition, weight-loss strategy, and human nature down to twenty simple, nonnegotiable principles, The Skinny Rules will help you step away from a reliance on processed foods and the need for so much sweet and salt and step into a newly thin lifestyle. And Bob's methods couldn't be more straightforward. Taking the guesswork out of implementing the Skinny Rules, Bob offers a month's worth of menu plans and more than 90 delicious, rule-abiding recipes for breakfast, lunch, dinner, and snacks to keep you cooking and eating skinny for life. You'll be happily astounded to see the variety and volume of the tasty food on your plate! He also includes terrific tips for what to stock in your fridge and what to prepare every weekend in order to set yourself up for success during your too-busy-to-cook weekdays. A virtual GPS to your weight-loss goals, The Skinny Rules takes the mystery out of the process, offering the fastest route to your skinny destination. LOSING WEIGHT IS NOW AS SIMPLE AS 1-2-3 . . . AND 3-15-18-20 TOO! Rule #3: Eat protein at every meal, making some kind of fish your go-to protein as often as you can. Take your weight and divide it by two—that's more or less how much protein you should be eating in grams every day. Rule #15: Eat at least ten meals a week at home (and cook them yourself). Restaurant portions are usually 40 to 50 percent bigger than what you'd serve at home—the more you eat out, the more you overeat. Set yourself up for success by preparing my turkey meatballs, hummus, and roasted

vegetables on the weekend so that you will have go-to staples and no excuses! Rule #18: Go to bed slightly hungry. Denied fuel for more than five hours, your body will start burning its own fat and sugar. Make a point not to eat after dinner and you'll be burning fat while you're sleeping. Rule #20: Enjoy a splurge meal once a week. Unlike episodic bingeing, splurge meals are an ingredient in your diet. When you plan something, you are in control.

The Super Carb Diet Bob Harper, Danny Pellegrino, 2017-12-26 Three-time bestselling author of *The Skinny Rules*, host of *The Biggest Loser*, Bob Harper moves his fans away from elimination diets to a time-tested plan for eating for your best, leanest body.

The Biggest Loser: 6 Weeks to a Healthier You Cheryl Forberg, Melissa Roberson, Lisa Wheeler, The Biggest Loser Experts and Cast, 2010-03-16 In a book that ties into the television show's ninth season, the cast and experts of *The Biggest Loser* discuss the importance of understanding one's health, potential risk for disease, and ways to implement preventative lifestyle changes.

Lose it Fast, Lose it Forever Pete Thomas, 2012 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.

The Mommy Diet Alison Sweeney, Christie Matheson, 2011-12-13 The star of *Days of Our Lives* and host of NBC's *The Biggest Loser* shares her diet of nutrition

and fitness tips that new moms can follow to look and feel fantastic.

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