



## The Biggest Loser: The Weight Loss Program to Transform Your Body, Health, and Life-- Adapted from NBC's Hit Show!

By Maggie Greenwood-Robinson, Cheryl Forberg, Michael Dansinger MD

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**The Biggest Loser: The Weight Loss Program to Transform Your Body, Health, and Life--Adapted from NBC's Hit Show!** By Maggie Greenwood-Robinson, Cheryl Forberg, Michael Dansinger MD

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 new 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 Web site 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.

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## **Editorial Review**

### About the Author

BOB HARPER, trainer on The Biggest Loser, is known as the go-to trainer for Hollywood's elite and counts Gwyneth Paltrow, Ben Stiller, Ellen DeGeneres, Melissa Etheridge, and Laura Dern among his past and present clients. He lives in Los Angeles.

MAGGIE GREENWOOD-ROBINSON, PhD, is a leading health and medical writer. She has authored or coauthored more than 30 books, including Good Carbs versus Bad Carbs and The Bikini Diet. She has a doctorate in nutritional counseling.

## **Users Review**

### **From reader reviews:**

#### **Micheal Clothier:**

As people who live in the actual modest era should be update about what going on or details even knowledge to make all of them keep up with the era which is always change and move ahead. Some of you maybe will probably update themselves by looking at books. It is a good choice for yourself but the problems coming to an individual is you don't know what kind you should start with. This The Biggest Loser: The Weight Loss Program to Transform Your Body, Health, and Life--Adapted from NBC's Hit Show! is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

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**Wm Mills:**

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them household or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity that is look different you can read some sort of book. It is really fun for you. If you enjoy the book you read you can spent all day every day to reading a reserve. The book *The Biggest Loser: The Weight Loss Program to Transform Your Body, Health, and Life--Adapted from NBC's Hit Show!* it doesn't matter what good to read. There are a lot of those who recommended this book. These were enjoying reading this book. When you did not have enough space to bring this book you can buy the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to fund but this book provides high quality.

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