
Biggest Loser Online!?!

Posted by egzmom - 2006/09/27 11:56

Last week I missed the season opening of Biggest Loser 3 due to my Direc TV going out...:pinch: I heard you could watch it online, but can't seem to find it anywhere. Does anyone have a clue to where I can find a link to the show???

Thanks for any help you can give. :)

Re:Biggest Loser Online!?!

Posted by KPW1956 - 2006/09/27 13:26

Here is a link that I think you can download it to an ipod or something.. (I don't know the lingo!)

<http://www.tv.com/biggest-loser/show/30690/summary.html>

I did see the first show last week and when checking out the tvguide last night I noticed that it was on Bravo last night. I don't know if Bravo is owned by NBC but I happened to see that they have a couple encore presentations of a couple other shows too. So I got to watch a good chunk of last weeks again last night. Was a nice refresher for tonights episode. I noticed that it is a 2 hour episode again.

Re:Biggest Loser Online!?!

Posted by KPW1956 - 2006/09/27 13:41

Somehow I found a recap at the site... Recaps are great.. (I haven't read this one all the way yet but it looks pretty detailed..) It's free...and will do in a pinch!

<http://www.tv.com/the-biggest-loser/episode-301-season-premiere/episode/864273/recap.html>

Re:Biggest Loser Online!?!

Posted by KPW1956 - 2006/09/27 14:52

Matt and Suzy got married. (I think the 19th of Sept.)
According to this piece... in Jamaica in a small private ceremony on the beach!

http://www.tv.com/tracking/viewer.html?tid=97675&ref_id=30690&ref_type=101&tag=headlines;title;1

Re:Biggest Loser Online!?!

Posted by Debby - 2006/09/28 12:25

I realize this thread refers to the show on-line and my post is about the actual show, but, I hope noone minds.

Did anyone see the show last night and notice anything odd about a comment the female coach made about the red team? When the red team was doing yoga on the beach and kidding around, the coach got annoyed with them. She really got angry and ordered them to run up the beach. She then started on this tirade about that's what was wrong with this group of people and that that is why they look the way they do! Her voice was very sarcastic and downright mean. Her tone and the comment were completely out of order. These people already have huge insecurities about their appearance. I'm going to keep my eye on that one. Of course, her team did win, but that doesn't justify her comment.

Just because you sign up for this type of show, I don't think they should allow the contestants to be shown such little respect by their coach. Those people are obese not criminals.

Re:Biggest Loser Online!?!

Posted by KPW1956 - 2006/09/28 12:33

I saw it Debbie and I agree with you... It was a sarcastic and mean comment.. Not sure if it was done in real time directly to them or just in voiceover regarding her anger towards them.

I think they got the last laugh anyway... winning the weigh in. I was worried about them because they didn't seem to be getting along with each other very well.. Although I am sure she would take credit for their weigh in victory. :S

I think next time they (the red team) have to vote someone out, it might be Utah! She's got a big mouth and too bossy.

I like alot of the individuals...

It's amazing seeing how much weight they are peeling off already. I was hoping and glad that they are cameoing some of the at home participants and showing their progress.

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Re:Biggest Loser Online!?!

Posted by Debby - 2006/09/28 13:09

I agree with you. That girl gets on my nerves.

I wonder why some got chosen and others didn't. They never said just what you had to have to qualify. Of course, they now have an opportunity for the wildcard spot. I'm pulling for North Carolina of course.

Watching all of those people out on that mountain side,,each one with such a sad story and begging for help was heartbreaking. These people have a serious medical problem and they represent so many millions of other people. It's sad that you have to go on a show like that to really find someone to help you. I don't think most doctors know anything about treating obesity...not really. I think the obesity issue is still treated as a social issue and not a medical one.

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Re:Biggest Loser Online!?!

Posted by KPW1956 - 2006/09/28 13:47

What did you think about the blue team and voting Tiffany off. I guess it was between her and Melinda.. But Tiffany being the single mom of 2 young children...maybe they were doing her a favor. It really is a tough decision when everyone genuinely likes each other and they all worked well together.

What did you think about the sand castle exercise.. Maybe they edited it because it didn't make alot of sense.. Of course the choices were also a metaphor for instant gratification (chocolate treat) (and the notion that it wasn't very many calories), A carrot stick, which would or should be representative of normal healthy choices..(a safe bet) or immunity. Maybe there were other metaphors for the sand castles... Like the contestants, they are fragile and able to be affected by the influences of nature and others. But I thought they were going to have to do some digging in the sand to find the prizes... I just had wierd images of them fighting over the chocolate or deciding to throw it away.. :), and everyone looking for the immunity. (they'd probably toss the carrot..unless they recognized the metaphors)

I am enjoying watching them evolve.. We don't know much about the contestants themselves yet. I'm sure some of their bios submitted when they applied to the show was taken into consideration when they were selected.

I only watched season 2 from halfway through the transformations.. I look forward to seeing this one through..and being inspired in a unique way. I am similarly sized as some of the women on both teams.. I could see myself struggling similarly but I see them conquer the rough spots... I can't imagine how sore they were those first few days...

I like how Bob will work with each of his team members one on one while the others do regular workouts.. I think that could help keep momentum up... even if they did lose their weighin..

Post edited by: KPW1956, at: 2006/09/28 13:54

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Re:Biggest Loser Online!?!

Posted by Debby - 2006/09/28 14:51

I think you are right. During the scene with the sandcastle, I was doing some laundry and not really paying attention to the show. I was listening from the other room but not really getting the full of it.

I do question not going for immunity. That is a hard choice but if one team didn't want to do it, shouldn't the one who does win by default? I'm not sure I understood that.

I like the guy who coaches. He is a real gem. I like his style and although he is tough, he doesn't get angry at the contestants if they do something he thinks is unwise.

I think those people are pushed very hard on that show. The major weight loss is obvious. I have gone on several hardcore weight loss extravaganzas in my life. I would go to the gym 5-6 days a week and while there run 3-5 miles, bike, crunches, weights, etc. At the same time I was eating very moderate food portions. I did lose weight and got very thin but it took me awhile....nothing like these people. I just lose weight slowly and if I can't exercise because of injury or illness, I won't lose at all. I have to really work out hard in order to lose weight.

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Re:Biggest Loser Online!?!

Posted by KPW1956 - 2006/09/28 15:05

RE: the sandcastles.. They didn't do anything with them...that we saw anyway.. They just stood there discussing and deciding as a team...and walked back to camp.. You didn't hear anything more about it.. Someone built 20 sandcastles...unless they were all fake! (which very well could have been....or they had 20 different people doing them..) I would have been surprised if they'd survived the night..

Maybe I'll check that recap today and see if something was said when they got back to camp that I missed. I'm sure there is a time factor and maybe not all of the week went as planned... We only saw a few grunt sessions and a couple of exercises. It sounded like they were there for a week...or at least several days..

Did you understand what sort of surgery Ken's son had had that he had complications from? That would have been tough not to want to be there...

I didn't hear how old the child was either.

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Biggest Loser

Posted by KPW1956 - 2006/09/28 15:15

I just read the recap...and they had called the castle exercise a temptation exercise. Both teams chose immunity and not to be tempted.. (or something like that) wherein they decide to have a barbeque to cap off the day.. (healthy one!)...

It was still confusing...

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Re:Biggest Loser

Posted by turtle - 2006/10/06 17:59

Both teams passed up immunity by avoiding the sandcastles. Only one had immunity. The others had either a 75 calorie chocolate candy or a 30 calorie carrot stick. Everyone was so afraid of that 75 calorie candy, they didn't think a slender chance of immunity was worth it.

Kim's comment didn't bother me. The Red Team was whining about their workout and wanting to take breaks. So, she commented that because of their attitude toward exercise, they looked the way they did. If they weren't so unwilling to do the strenuous workouts, they wouldn't be so obese.

It's Heather who's gotten on my nerves since the first episode. She's such a b!tch. And, her latest attempt to form a Survivor type "alliance" blew up in her face. And, her team's. Forcing the vote into the Blue Team's hands cost her team their greatest chance of ever winning another weigh-in. And, all her hopes of becoming TBL.

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Re:Biggest Loser

Posted by KPW1956 - 2006/10/06 23:13

Yeah.. Well they've moved on to new drama as you probably already know. I think the candy had 150 calories though..and I thought it was chocolate.. It was just confusing...

If you saw this weeks episode.. you know that the cruise really bought out the worst in Heather... I couldn't believe she ran through the ship screaming "I need a signature" trying to find the person she was looking for. She was really being nasty and I am sure it was just pressure and stress. She was ready to knock anybody over to get what she needed.. I hope she was thouroughly embarrassed after that aired.. I have a feeling she'll be voted out soon..

The women on the red team tried to knock off one of the guys.. in a concerted effort.. The guys apparently tried to do the same...but the venomous comments from the women made their intentions clear.. The guys all voted for one woman and because of the tie... the blue team was able to decide... They didn't vote for either but chose the most productive member of the entire team to knock out.. Good strategy on Blue's part ... Plus it reeked havoc with the red teams moral and the alliances backfired a bit. I think we'll see some carryover next week... Wylie is going to be mad at the women...and Pam mad at the guys.. I have a feeling they won't be able to compete well together on the next challenge or 2... They've disrupted their working relationship with the hostility and having their best person 'picked off' didn't help! Now it might even be harder for them to win the weigh ins.

It will be interesting next week! I'm glad to know more than just Debby and I have been watching the show!

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Re:Biggest Loser

Posted by anaya17392 - 2006/10/08 17:47

to be able to lose 20 - 30 lbs in 2 or 3 weeks is amazing. they must have them working out 10 hours a day! i have to say if i was the coach of the red team (that's the lady coach??) i would be mad at them too. if they want to complain and refuse to do the excersizes they should kick them off. they have an opportunity that others would trade for in a second. and yes when you have a bad attitude about hard work and are lazy and want to be negative and complaining that does contribute to their weight problems.?

i read something about the girl from last year that almost won. she says she gets up at 4:30am to go to the gym to work out for 2 hours everyday. and she also barely eats anything. it seems unhealthy to me and very extreme. can't there be a balance?

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Re:Biggest Loser

Posted by KPW1956 - 2006/10/08 18:44

I think the red team was making fun of the yoga exercises and their heart really wasn't into that type of exercise... Or were they doing tai chi...? I don't blame her for getting mad but the comment thrown out there was a bit rude.

As for suzy? I think she looks great! If she can incorporate 2 hours of reasonable exercise a day and at least enjoy the bulk of it then it isn't excessive. It could be divided throughout the day. I don't think she looks underweight at all... But considering where her trouble spots were (she was bottom and leg heavy before) that she probably has to work triply hard to maintain.

I saw a segment right before the season started with her and Matt. (BTW, they married about 2 weeks ago)... If this season was begun last spring or in the summer and that piece was filmed then, Matt looked like he had gained some weight back. Maybe 10-20 lbs... but noticable in his face.. I heard there are pict's int he recent People magazine of their wedding...I'll have to check them out. Hopefully after all that hard work both of them will be able to be on top of their weight issues in the future.

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Re:Biggest Loser

Posted by Debby - 2006/10/09 12:08

It sounds like Suzy has a horrific routine, but, I honestly believe I will have to do that as well to stay thin. It has been the only way I can lose weight, regardless of what I eat. If I work out very heavy like that, I can eat almost like a normal person.

I think they should let the audience vote off the the loser each week. This would prevent people banning together and voting off people who are doing a good job, just because they are your biggest competition.

Post edited by: Debby, at: 2006/10/09 12:11

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Re:Biggest Loser

Posted by egzmom - 2006/10/10 02:45

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I don't think voting off the losers at the end of each show will work. As the show is filmed months in advance before we actually see it in the fall. Besides there are already too many "call in" shows and the audience can be just as bad as the contestants in voting off the wrong people. Case in point Vivica on Dancing with the Stars... the girl was FIERCE but she still got the boot. :blink:

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Re:Biggest Loser

Posted by KPW1956 - 2006/10/10 08:15

I think I agree with that last comment... I hadn't even thought about the fact that the show had been taped and edited some time ago. But there does seem to be something wrong with the way people who can be voted off... Nelson was doing marvelously.... In my book, if they can knock off a considerable amount of weight.. they are winners none the less!

While I like the show... I don't like see it becoming a cut throat competition... Some of the girls on the red team clearly have that mentality.

RE: Dancing with the Stars.. Only watched it a few weeks...but was surprised that Springer is still on... I think some of the call in voting can be skewed too... People are voted as a matter of popularity rather than real talent.. Springer should have been gone early on... I think Mario and Joey will battle it out... (popularity wise)... Although Emmet, is quite impressive and considering he's not an entertainer by trade.. might just win the home audience's heart.. But if the younger audience is watching or those whose heart throbbled for Mario and Joey in their hayday..... They probably have the advantage of popularity.

I will be appalled if Springer wins... (sorry, to OT!)

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Re:Biggest Loser

Posted by Debby - 2006/10/10 11:50

Yeah, I didn't think about the fact the show is not in real time but filmed months ago. I just wish there was some way to prevent the good hearted, hard working, contestants from getting axed in the name of competition.

It's sad that people who desperately need medical intervention of that sort are forced to go on national tv and fight for it even it means being humiliated and called names by their coach and even after that they can be booted out for no real reason. It's heartbreaking. I don't think the people who win this are any more deserving that some others who don't win.

Did you see Jerry Springer and his daughter? They look like twins! It was unreal how much they resemble each other.

I am not a big fan of his show, but, I have seen him being interviewed and he was quite thoughtful in his comments about the program. He made a lot of sense actually. He said that his show is stupid and only for a select audience. He says that when celebs do the same things his guests do, it's called major news, but because his clients are poor and uneducated, it's called trash. It's the same things, just different people. I think he might be right.

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Re:Biggest Loser

Posted by Debby - 2006/10/10 11:51

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Re:Biggest Loser

Posted by turtle - 2006/10/10 17:27

IMO, it doesn't matter who does these things, rich or poor, college graduate or HS dropout, celebrity or unknown, they're all trash. I even consider Donald Trump, for running around on, and discarding, his wives, trash. Besides, when a celebrity does something trashy, how can it be news? You've heard that old saying, when a dog bites a man, it isn't news. Like dogs biting people, celebrities' trashy behavior is too commonplace to be news.

Post edited by: turtle, at: 2006/10/10 18:09

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Re:Biggest Loser

Posted by KPW1956 - 2006/10/11 21:22

It's only 20 minutes into the show...and Kim did it again.. Said something derogatory about why they looked the way they did... Might be the basic truth, but it's still said in an insulting way... They were all really down and she was trying to work them hard...

I knew last week's ending would upset the team..

She did share her story with them...but I'm not sure if it really amounted to much...other than her saying she had her own body image problems having been an air force brat.. I am taping the show...Maybe I'll go back and double check her 'testimony' later.... My first impression wasn't that great though.

Re:Biggest Loser

Posted by Debby - 2006/10/12 10:16

I have had with that coach. She is so phoney and insulting. I agree with her effort to get the team working hard ASAP after their loss, but, that's where it ends. She treats them like they are inferior to her and that they look disgusting. She really blames them, openly at that. Why does being an army brat suddenly make you this poor pitiful person who is in as much pain as these contestants are in. I didn't get it.

Of course, her team won, so I guess you can't argue with success but, I am e-mailing that show to voice my opinion that she should not return as a coach. She is not even close to the male coach or even the female coach from last season. I don't think she gets it.

Re:Biggest Loser

Posted by turtle - 2006/10/12 15:22

Kim's comment two weeks ago might be construed by some as harsh, but it's true. Especially of the Red Team. Whining and gutting every time they get "tired" is why they're morbidly obese. At least she said it about, rather than to, them.

I've had it with that damn Red Team. It's no wonder Kim gets so frustrated with them. What a bunch of whiners. Always "having" to take breaks. Sitting on their asses squawling that they aren't quitters. No wonder Kim gets so frustrated with them.

If anyone watched last night's show with an open mind, they'd realize that Kim really cares about the Red Team. Her "body image" issues? They come from being fat as a kid. She was a "military brat". Her family moved too much for her to form close friendships. She dealt with the loneliness by eating. Got fat. And, had to "work" it off. So, if anyone understands the Red Team's issues, it's her.

Re:Biggest Loser

Posted by KPW1956 - 2006/10/12 20:55

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While I agree that the red team is self destructing due to attitude alone! (I like Wylie and Ken though!)..Kim doesn't have to be so negative.. I don't know how you drew your conclusion that Kim was overweight as a child and ate out of loneliness. I didn't get much out of her spiel.. Although I am sure some of the tears were real... Frustration could trigger

them and I am sure that the Red team is VERY frustrating to deal with. On national tv no less... It's a reflection on Kim to some degree.. I'm sure the producer's are or were breathing down Kim's neck to get them on track.. I'd cry too!

I was just looking at the Biggest Loser website for a recap. I missed part of the weigh in's last night... I happened to see a link regarding Kim's bio...

I think she has a 'holier than thou' tude... more than anything else. Looks like her bio is emphasizing how physically fit she's ALWAYS been... and how she motivates even the grumpiest clients... Yeah..right!.....

I doubt that she's back for a second season.. Bob motivates without insulting.. And a good teacher teaches without calling her clients stupid or referring to them that way...

Check the site's write up regarding Kim... Looks like she used her air force brat status to her advantage when she could! I don't see any sob story in it..

http://www.nbc.com/The_Biggest_Loser/about/kim.shtml

Post edited by: KPW1956, at: 2006/10/12 20:58

In looking at the link I noticed she has her own website.

More than anything it just emphasizes to me that she is a bit full of herself. She describes herself as 'down to earth'.. and that people mistake her all the time for Britney Spears.. (both notes were not in the same sentence fortunately!)

<http://www.kimlyons.com/bio.html>

Post edited by: KPW1956, at: 2006/10/12 21:05

Post edited by: KPW1956, at: 2006/10/13 10:39

Re:Biggest Loser

Posted by KPW1956 - 2006/10/13 10:22

I happened to find a blog by Pete Thomas from BL2.. He's got a blog about SO3 by episode... and I am impressed with his impressions and comments.. (maybe not the typos! LOL!)

His attitude is positive...and he benefitted greatly from his opportunity on BL2... but he does make some good points and many mirror my own thoughts with regard to the red team.. and some basic differences between the 2 coaches..

<http://winningman.com/blog/>

Re:Biggest Loser

Posted by turtle - 2006/10/17 16:48

Maybe you didn't "get anything out of" Kim's "spiel" because you weren't listening closely enough. Maybe your first impression of her got in the way. Those first impressions can be hard to shake. My impression of her spiel? As a child, she was an "emotional" eater. Became overweight. And, lost the weight through healthy eating and exercize. So, she knows how it's done. And, what her team needs to do. When they resist, it gets frustrating.

Re:Biggest Loser

Posted by KPW1956 - 2006/10/17 17:00

I read her bios in different spots... and also read the recap about the show..

Personally I think she was just trying to rally the troops.. You'd think if she did have a personal experience she would

have made mention of it in her blogs..

But instead she says she used sports to be able to fit in when she had to move...

I still don't care for the way she coaches..

But who knows, maybe she'll mellow and learn from her initial struggles with team coaching.

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Re:Biggest Loser

Posted by turtle - 2006/10/17 18:39

Maybe she's embarrassed to mention her former weight issues in the blogs. This might have happened when before she got involved in sports. Eating, and gaining, weight out of loneliness. The later involvement in sports might have been to lose weight so she could fit in. With the thinner crowd.

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Re:Biggest Loser

Posted by KPW1956 - 2006/10/17 21:45

They weren't blogs.. They were her official bios..

I just never picked up anything said or implied that indicates she ever had a weight issue.. Sure everyone has body image issues at one time or another.. One thing I saw on one of her sites is that she was self conscious about her chest size..

I believe she is actually a body builder and is married to one from what I gathered in my findings.. Not that that matters..But it definitely takes a certain mindset and discipline to pursue that aspect of health and fitness.. I think she carries over that mindset into her coaching...

This link says she was Miss Galaxy in 2000...

<http://www.kimlyons.com/competition.html>

Check out her bio...especially the last paragraph..

<http://www.kimlyons.com/bio.html>

and then check out this link of photos of magazine covers and gallery shots.

<http://www.kimlyons.com/photogallery.html>

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Re:Biggest Loser

Posted by Debby - 2006/10/18 13:10

ON her website she says she has always been involved in sports...gymnastics, dance, track, cheerleading. I don't know many overweight children who are that active in that many sports, but maybe she was fat. After reading the sites that KPW listed here, I can see why if she was fat at one time, why she would not want anyone to know. She is too full of herself. God forbid that Ms. Perfection should ever be thought of as fat.

Please read her description of herself on the 2nd site listed in the above post. GOOD GRIEF! Hard work and dedication to nutrition and exercise is great. I applaud her for that, but, she is a joke. It is obvious that she is not well suited to coach overweight people. Maybe she can motivate a person who wants to loose 10 pounds to get going, but, to deal with people who suffer serious obesity, NO WAY.

She can shame them into feeling bad about themselves I guess. There is a way to strongly motivate that does not involve name calling and insulting the person's appearance.

I still say she doesn't get it. I don't like the red team either, but she she's getting paid to help those folks and she should do it with respect.

You know it's funny, after watching the show so far, I never think of how great she looks or how bad the contestants might look. All I think about is what an ugly person she comes across as from the inside.

Post edited by: Debby, at: 2006/10/18 13:12

Re:Biggest Loser

Posted by turtle - 2006/10/18 17:36

Kim's comments to the Red Team last week suggest that she was a fat kid. Maybe she exaggerated, trying to motivate them. It's funny she never mentioned any past weight problem on her websites. Wouldn't that be an inspiration to anyone who thinks they're "too fat" to get in shape?

Re:Biggest Loser

Posted by KPW1956 - 2006/10/18 20:11

Yep... And I think she was just yanking their chains.. But hey, I'm sure she was willing to resort to anything to get her team back on track... It was falling apart rapidly...

I find the last paragraph in her bio a bit funny. She says people think she is a goody 2 shoes... because she won't do the sexy poses... and she even refers to them as 'T & A shots'.. Just using the term T & A... is rather silly euphemism. Unless per chance I am wrongly thinking of what T & A refers to.

Maybe someone could enlighten me if it means something other than what I think it does... (boob and butt ?). I just think it is rather tacky to even throw that into your official bio. Rather unprofessional! But like I said I might have just read that wrong and just piled on with the negative perception. I sure thought some of her professional pics could have been considered rather sexy! The magazine covers were fitting for their intended audience..

I just get the impression she's conceited.. either that or she hasn't updated her website in a few years!

Unless she does a major shift in style and attitude, I doubt that she'd return for another season to TBL.

Looking forward to tonight's show! Kim and all! I think they'll be doing some sort of workout in a stadium setting instead of the gym..

I do hope Kim mellows a bit!

Re:Biggest Loser

Posted by Debby - 2006/10/19 12:11

Well, I feel a bit silly after dissing Kim so badly and then her team proceeds to win another weighin. Oh, well. I still don't like her, but if she brings them victory, who am I to complain?

I taped the show and watched it later rather quickly. Why was the girl who lost the least amount of weight on the blue team complaining that she got the boot? Why did she think she was a strong player for the team?

Why are those people who have a large amount of weight to lose only having modest weight lost? Something seems odd there.

Re:Biggest Loser

Posted by KPW1956 - 2006/10/19 13:09

I think her percentages had been up there pretty consistently. That was how the weigh in's are calculated. She'd lost 44 lbs. at that point.. The heaviest guy Eric had only lost a couple more lbs. than her.. (if I recall right.)

Who knows.. It could be strategy too... They may be trying to slow their weight loss and pour more effort into it later when it will matter the most. I remember one weigh in last season that Matt gained a couple lbs.. He wound up being the winner...and had won immunity numerous times..

It was great to see how well Amy had done on her own.. I was pulling for her since she is from the D.C. area...(Maryland) The contestant from Va. is doing well in the 36 at home though.. Hopefully she'll rise to the top and be back to compete with the finalists.

Re:Biggest Loser

Posted by Debby - 2006/10/19 13:30

Thanks for the info. What do you think is keeping the largest people from losing big numbers in weight?

Also, what did the blue team win for the challenge? Was it that special food? Isn't it risky to go off a very strict diet when so much is at risk for them. I know they won't eat that way forever but while in this competition I would be extra careful.

Don't you know the blue teams's coach has to be feeling really bad right now.

Re:Biggest Loser

Posted by KPW1956 - 2006/10/19 13:38

I am pretty sure they won \$2,500 worth of sports gear from Starter... (or something like that).. It was for fitness wear..

I'm not sure if that was divided up between them or each..

I thought it was a rather stupid contest.. IMHO...

I thought from the way they came into the stadium, that part of the prize was going to have something to do with their families..

I don't think too much of Kim either as you can tell... Was glad they didn't have much with her on it last night..

I've been looking at the NBC forum and site.. and looked at a clip with her and Bob... Even in that she comes off as a bit harsh.. Bob presented a softer stance saying that he liked to work from the inside out...

If you want some links...I can pm them to you..

Re:Biggest Loser

Posted by turtle - 2006/10/20 17:20

Debby wrote:

Thanks for the info. What do you think is keeping the largest people from losing big numbers in weight?...

The contestants are not only doing calorie burning cardio workouts, but strength training as well. Strength training builds muscles. And, increases body weight, off-setting those pounds of fat lost through diet and exercise. A pound of muscle is much more compact than a pound of fat. I once slimmed down two sizes, without losing a pound, putting Wal-Mart fixtures together. That might be why some of the contestants' "weight loss" is less than one would expect.

Re:Biggest Loser

Posted by Debby - 2006/10/23 11:32

I've always heard that muscle weighs more than fat, but, I think that doctor on Celebrity Fit Club said that was a myth. I don't know. That doctor also said everybody's bones are the same size, so that when people claim they are big because they are big boned, that is a lie. He x-rayed Bone Crusher to prove his point.

I'm slow at losing weight, unless I work out VERY hard. If I were working out several hours per day, I could eat a moderate diet and still lose some. If I wanted to lose a lot, I would have to eat very smart and still work out. I have very efficient body that could survive on berries for the winter. I must be part bear. LOL. I would not last long on Biggest Loser.

KPW, send me those links. I would like to read more on the coaches. Thanks.

Did anyone see, the host of the show, on The View? I think her name is Caroline Ray. Joy kept commenting about size and weight and she took offense with it and went off on Joy. I'm not sure if it was planned or not.

Re:Biggest Loser

Posted by KPW1956 - 2006/10/23 11:53

I've always heard that muscle weighs more than fat too... But I just think that that means that volume wise... since Muscle is more dense. I know sometimes when people's weight loss slows it can be because of lower fat mass but gaining muscle mass.. The one contestant on CFC was trying to attribute a 3 lb gain to muscle.. If I understand it correctly... building muscle will actually help boost your metabolism... I think as long as someone has a significant amount of body fat... you shouldn't be gaining weight..

You can lose inches and not lose weight though.

Someone who is relatively lean or has a normal BMI might be able to gain weight by building muscle.. or body building.. But then they'd start to bulk up and it would be noticeable too..

I think if I've got a large BMI and I'm working out and eating right.. I should be able to build muscle and lose fat AND lose weight!

I think the good doc at CFC was just trying to correct the snow job the contestant was trying to use to justify his 3 lb gain. At best he should have been able to stay the same. Now we women... can blame water weight occasionally due to our monthly cycles..

Re:Biggest Loser

Posted by Debby - 2006/10/23 14:44

Now, I do retain fluid, KPW. LOL. I can't remember which program I heard the phrase in which a thin woman says to another, "I'm just one stomach flu away from my goal weight." The meaning being she would be happy to get the flu to lose the desired weight.

Last year I developed Diabetic Ketoacidosis. It is the most HORRIBLE thing I can imagine and I wouldn't wish it on my worst enemy, if I had one. But, the vomiting is so bad that your body swivels up like a prune. I had no moisture in me at all. Even my breathing started shutting down. I must have lost 10 pounds in 2 days. I couldn't keep down an ice cube. The ER doctor looked at me and said "Oh my God." It wasn't worth it though. Nothing was worth that experience.

Re:Biggest Loser

Posted by turtle - 2006/10/24 16:50

Since I never watch The View, I didn't see Caroline Rhea. And, I'm glad I didn't. I see more than enough of her on TBL. Concluding every weigh-in with her "who's weighing you down" comment to the losing team. At least she's been dressing better lately, no more boobs hanging out.

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Re:Biggest Loser

Posted by Debby - 2006/10/24 17:31

Turtle, it sounds like you don't care for her. She said she really liked the contestants and had strong feelings for them. She also said she disliked the name of the show because she thought it sounded mean and derogatory. She was much more appealing on the View than on the actual show IMO.

I actually just remembered that Caroline took over the Rosie show when she left but it was a big failure. She was soooo nervous that she couldn't be funny. It was a total fiasco. I always wondered why Rosie gave her that show. She had to know she was not ready for it. They didn't mention it the other day on the View when she appeared.

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Re:Biggest Loser

Posted by turtle - 2006/10/26 16:37

Debby wrote:

Turtle, it sounds like you don't care for her...It isn't so much a matter of not caring for her as finding it kind of "funny" that a weight loss show would have an overweight host.

While Mr Rhea isn't morbidly obese, she still, according to some recent medical reports, could be risking her health. It's now thought, in by some MD's, that being just five to ten pounds overweight can cause heart trouble.

She also said she disliked the name of the show because she thought it sounded mean and derogatory...If so, why is Ms Rhea hosting the show? Her own remarks, "it's time to cut the fat" all the first and second seasons and "...who's weighing you down" this season sound rather insensitive to me.

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Re:Biggest Loser

Posted by Debby - 2006/10/27 15:21

Turtle, from the way she talked in the interview, I think the show makes her say those words. I think she is probably doing the show because it's the only work she can get. I think she has a new comedy special or something. The truth is that she is not very funny. That's why I was surprised that Rosie gave her her old show.

I have wondered why they selected someone slightly heavy to host the show, and the only thing I can figure is that perhaps the show believes that the "lines" she uses about biggest loser, and who's weighing you down, are not as degrading coming from a heavy person as opposed to coming from a thin person.

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Re:Biggest Loser

Posted by bobcat - 2006/10/27 15:41

it may be for the comfort of the "contestants"..If i weighed 300 - 400 pounds, i sure wouldn't want a size 0 pointing out the fact . Caroline at least seems sorta sympathetic and not condescending. And what the h*** is a size 0 anyway? Doesn't that mean that you don't exist. LOL from a ""not a size zero"".

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Re:Biggest Loser

Posted by Debby - 2006/10/27 15:51

I think you got it right BobCat about a small person using those lines.

I am not a size 0 now, but, a couple of years ago, I did have a few blouses that were a 0. Certain brands of clothes run large such as Ann Taylor. I didn't consider myself that small at the time, but I guess I was kind of, although I could wear larger sizes such as a 4 or 6 in other brands.

Re:Biggest Loser

Posted by KPW1956 - 2006/11/13 00:47

Anybody see this last weeks fiasco?

The BL forums were hopping!

The show bought back 2 competitors that were losing weight at home. The ranchers were mad as heck... the trainers weren't very gracious either.

I think I'd love to see one of the newbies win...

Re:Biggest Loser

Posted by Debby - 2006/11/13 11:46

Yeah, I don't usually like that old trick when they pull someone back when everyone thought they were gone, but, this time I did. I laughed my head off. I think it's because I don't care for many of the players. The ones I do like and who are doing well get voted off and the one I dislike the most is the girl that is so darned lucky., She keeps winning immunity and just striking it lucky. I can't stand that. It reminds me of Janelle on Big Brother Allstars. I just hope this BL girl goes down like Janelle did last time.

I think they need to change the rules in some way in order to allow the really devoted people a better chance. THE way it is now, you can be a total screw up, don't really apply yourself, lose the least amount of weight, put your team on the chopping block and then turn around and vote out a hardworking team member who did lose weight. I don't like it. The more you lose the more likely it is that you will be sent home because you are too much competition.

Re:Biggest Loser

Posted by KPW1956 - 2006/11/13 11:57

FYI, Kai is on the cover of the December issue of Prevention magazine... on sale now. Many pics of heather too.

I've been following the forums over at their official site... Many insiders post... Many debates going on regarding the pros and cons..fairness or other regarding the latest twist. For the most part the concensus is that not many people are happy with the open hostility that the girls are showing, or the groups as a whole are showing toward the newbies.. Trainers included.

I don't blame Bobby for wanting out... I'm sure he missed his family terribly. That routine would get old day in and day out... He probably didn't think he'd be there 7 weeks!

Re:Biggest Loser

Posted by turtle - 2006/11/14 17:33

KPW1956 wrote:
Anybody see this last weeks fiasco?

The BL forums were hopping!

The show bought back 2 competitors that were losing weight at home. The ranchers were mad as heck... the trainers weren't very gracious either.

I think I'd love to see one of the newbies win...
Me, too!

The ranchers', especially Heather and Kai's, attitudes toward Jaron and Adrian were bad enough, but the trainers' were uncalled for. Especially Bob's comment about the ranchers deserving to be there. IMO, Jaron and Adrian, who lost more weight on their own than any of the ranchers, were even more deserving. I guess their losing more weight, without Bob and Kim's help was a blow to their egos. Still, it's no excuse for their rudeness.

Post edited by: turtle, at: 2006/11/14 17:59

Re:Biggest Loser

Posted by turtle - 2006/11/16 19:50

On last night's TBL, the narrator referred to Heather's "strategic" 4lb weight gain the week before. She gained weight on purpose? To put her and Bobby below the yellow line and get him sent home, I'll bet! Knowing that female "loyalty" would keep Kai and Adrian from sending her home. And, that the guys would consider Bobby the greater threat and send him home. Too bad everyone's so willing to go along with her dirty games. She wants a female to win, at any cost. And, a female could win, if Adrian continues winning the weigh-ins. What a kick in Heather's pants that would be!

Re:Biggest Loser

Posted by Debby - 2006/11/29 15:01

What has happened to this show. I haven't seen it on for the last couple of weeks. I couldn't find any info about that on the website.

Does anyone know when it is coming back on?

Re:Biggest Loser

Posted by KPW1956 - 2006/11/29 15:16

It's on tonight!

This morning Poppi from New Jersey and Marty were on the Today show. I've been over at the forums...

A 2 week break was planned because of the holiday... There was a special available having to do with some sort of teen challenge that I think was taped at Kim Lyons high school in Colorado. NBC bumped it and put on a Madonna Special..

Check out this link..

http://www.nbc.com/The_Biggest_Loser/

There is a sneek preview for tonight.. I think the contestants head to a racetrack and pack on the lbs.. (probably get loaded up with the actual weight they lost to make a point!) and then compete.

There is a ticker...

2 more regular episodes then the finale on the 13th. I hear they will weigh the entire bunch again to see how much they lost in total..

I'm involved with the forums over there a bit.. Many of the at home contestants post regularly.. Debby, you'd enjoy that

forum! (or anyone else who is following the show!)

Go to the 'community' area... and click on forums!

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Re:Biggest Loser

Posted by Debby - 2006/11/29 15:30

Thanks KPW. I will check it out. I have been soooo busy with cases lately. But thank goodnes, I finished another one today and have only one more trial before Christmas!

I will certainly check out the show tonight!

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Re:Biggest Loser

Posted by KPW1956 - 2006/11/29 16:36

I just remembered that if you missed the week prior to the last show (3 weeks ago)...it might have been because it was shown at 8...

NBC apparently was debuting one of their other shows that night and wanted the later slot..

You can find the recaps at the site link I gave you.

I know the next morning...several people were irked..because they didn't know.

NBC has had some screwy decisions lately...

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