Celebrity Fit Club 4
Posted by Tara - 2006/08/13 19:43

Does anybody watch Celebrity Fit Club 4?

I have a bit of interesting gossip. I know the ex-wife of Nick Turturro. They have a 21 year old daughter together and Nick hasn't seen her in years or paid child support. His daughter just got married this past year and he didn't even attend the wedding.

I have been hearing awful things about Nick Turturro for over a year now from his ex-wife Jami and it looks as though he will be showing his true colors tonight on CFC4.

==========

Re:Celebrity Fit Club 4
Posted by grizzlys4 - 2006/08/13 20:25

Hmmm, well I've never watched this show before.....maybe I'll go check it out. Thanks for the info!

==========

Re:Celebrity Fit Club 4
Posted by KPW1956 - 2006/08/13 20:36

Glad you started a thread on the show... I don't know much about Nick.. Seems they 'want' a bad boy there at the start.

I saw the kickoff show last week.. and it seemed tame enough.
I did see a preview when the psychologist looked like she was going to blow a gasket... I guess that must be why!

I'll plan to look on tonight! I've caught the bulk of the other 3... Wasn't sure the show was going to survive.. If you miss the show tonight... It's usually rerun several times throughout the week. Check the MTV schedule.

You think maybe Nick's got drug problems?
I guess we'll get an idea of the scope of his behavior tonight!

Wonder if he'll get thrown off... or leave on his own?

Name the bad boys thus far... There's been one each season!

Jeff Conaway Season 2? or 3?

==========

Re:Celebrity Fit Club 4
Posted by KPW1956 - 2006/08/13 23:04

I made a mistake.. CFC 4 is on VH1...and not MTV.. Those stations are back to back in my line up and since I don't watch either one of them typically aside from this show.. I get them mixed up!

I notice it came on tonight at 9 (EST) and then rerun again at 11:00.. I know it will show again a few times during the week.

I caught a glimpse of Nick's issues.. I have a feeling that it's going to get a lot worse. I feel bad for his teammates!

I sure hope the other members of both teams are able to give him a reality check... in a nice way. He sounded like he needed some therapy!

==========

Re:Celebrity Fit Club 4
Posted by KPW1956 - 2006/08/14 00:45

A few extra notes...(I just caught the rerun..and saw the whole show)

I'm looking forward to the next show and the rest of this series.

This second show of the season (the first weigh in after beginning) netted a total of 78 pounds lost between the 8 people.

Amazing! I think everyone met and or exceeded their goal!

I noticed a couple of them are supposedly doing Dr. Ian's Smith Smash diet which is some sort of cleansing diet. Here is a link with more info.. I'm sure we will be hearing more about it.

http://fatsmashdiet.com/

I noticed they are also giving more healthful tips for the home viewers this time around as well.

The show is also plugging some sort of GNC drink or supplement called Xlerate.. or something like that. Not sure if the contestants are using it... But the product seems to be a major sponsor.

Not sure if the diet and or product helped contribute to the phenomenal weight loss success this time. It will be interesting to see if it continues.

==========

Re:Celebrity Fit Club 4

Posted by Debby - 2006/08/14 14:50

I have watched most of the episodes of Celebrity Fit Club. I can't recall all of the names of the contestants, but, they have had some of the most outrageous behavior that I have ever seen on a show.

Do you remember the guy who played on Eight is Enough? I think his name was Willie Aimes. He went ballistic when his trainer showed up ringing his door bell one morning to summon him to come out for a workout. He began beating the door and shouting like a lunatic.

Jeff Conaway, who was mentioned earlier was also, way out of control. I think Gary Bussey was also on a while back. Then there was a rock singer...I can't recall his name. It seems that these people have serious substance abuse and/or mental health issues.

Seems to me that these matters should appear during the application process. The show appears to really want to help people. Maybe they use the show to demonstrate to these troubled people just how bad they need help.

==========

Re:Celebrity Fit Club 4

Posted by KPW1956 - 2006/08/14 14:56

Ah yes!

Gary Bussey, I forgot about him... I thought there was a rock singer too at one point...that didn't cooperate very well.. I think in the first season.. Maybe it was Willie Ames..

Daniel Baldwin (I think I have the right Baldwin) ... was WAY out of control on there too!

This season seems notably different from the previous 3 seasons.

At least Nick doesn't seem to be on drugs or anything. Just seems to be high strung.. in the coping/competing arena!

It was really sweet last night that the guy from the Soprano's was so complimentary of Carnie Wilson...

Everyone did phenomenal... Hopefully just the right chemistry of people taking it seriously.. Or they've revamped the

show..and giving them extra incentives..

As I mentioned I'm looking forward to watching the season and see each of the members progress.

==========

Re:Celebrity Fit Club 4

Posted by KPW1956 - 2006/08/14 15:01

Another thought Debby, Is that they want the proverbial bad boy or drama queen.. But they should definitely require the person to pass drug screening or something..

I remember one women admitted to taking diet pills. It hink it might have been during CFC2.. They should have guidelines for those wanting to be on the show.. It could be an opportunity for some... to better their health and possibly boost their careers through exposure.

==========

Re:Celebrity Fit Club 4

Posted by Debby - 2006/08/14 15:29

I agree KPW. But, I think that they are afraid well behaved sober celebs might not maintain the audience interest or maybe they just want to get those out of control users on national tv in order for them to make fools of themself so they can see how they really are and shock them into rehab. I don't know.

Everybody says Hollywood is full of freaks and screwed up people. Maybe the pool of contestants is not as large as we may think.

==========

Re:Celebrity Fit Club 4

Posted by KPW1956 - 2006/08/14 16:59

If you haven't seen it yet... Check out one of the reruns this week. I think you will be pleasantly surprised. Only Nick is the minor negative and not nearly as bad as the previous bad boys. Not yet anyway...

==========

Re:Celebrity Fit Club 4

Posted by Debby - 2006/08/14 17:57

It's good to see Carnie Wilson getting some positive attention. Everytime I have seen her speak she talks about how she was ridiculed her entire childhood for being fat. She said eveyone called her fat and she was so wounded from it. As you know her father was a major substance abuser for most of her life. How she turned out so well is incredible!

==========

Re:Celebrity Fit Club 4

Posted by KPW1956 - 2006/08/28 00:37

Whoo boy... Anybody see this weeks episode? All Heck broke loose... I can't say Nick did it either. Just alot of bad feelings all the way around.. Started off on the wrong foot when each team had to vote someone off to the other team.. Angie got voted off her original team.. and then Carnie (who was captain) got voted off.. Then Ted wanted to be captain... and Angie got mad and wanted to be captain... It was ridiculous... That was all before the actual poop hit the fan!

Vinnie blew up, Ted Blew up.. Angie walked out!

Yikes... :woohoo:

Next weeks looks even stranger.. Gary Busey (who was a whacked out participant on an earlier CFC season). He looks wild eyed.. Something to do with some sort of indian dancing.. I did find an interview with Ted and Vinnie...and Ted said in the interview that he was most moved with the Indian exercise/focus. So that should be interesting.

I know the rerun of this weeks episode will be on several times this week.. If someone wants a laugh or to scratch their heads.. I sure hope they can regroup and get back on track. They never even made it out to the group/team scales episode.. I don't even think that everyone got weighed..

It was just strange... If they have another one that goes that badly...they might as well 'can' the show.. I sure hope they weren't acting that badly just to stir up the ratings..

==========

Re:Celebrity Fit Club 4

Posted by KPW1956 - 2006/09/14 11:52

I think the show has gotten back on track after a couple week hiatus.. Nick seems to be behaving ... Everyone is losing pretty well and I think alot of good info is being put out. One participant Angie I think is struggling and making excuses left and right. The latest episode ended with her saying it was her last night..(she had gained 2 lbs..and had been called on the carpet for alot of issues) As promised Dr. Smith had taken her to the doctor to have her heart checked out more thoroughly. During the process it came out that she hadn't been taking her blood pressure meds or her diabetes meds..AND she was smoking. Her heart was cleared for more strenuous workouts but she was just argumentative with the panel. A couple of the women.. Tina Yothers and Carnie Wilson were trying to help her by talking to her...but she was just resisting any form of support. I think they wound up very frustrated and alienated from her. When Angie's team wound up losing for the week (weekly weighin) I think she felt responsible or felt blamed. Previews for the next show indicate the exercise guru from the panel was supposed to meet with her for a session to help her get going... But I think it appears she might be a no show.. There's always one every season... so I guess she's the one this time! And I thought it was going to be Nick! He actually seems to be making great progess with weight loss AND attitude!

==========

Re:Celebrity Fit Club 4

Posted by Debby - 2006/09/15 13:54

Why did this woman apply to be on the show?

She claims she is not physically able to do the workouts and that she does not have the time to do the workouts. She always says she is sooooo busy, that she doesn't have time to sleep even. I don't buy it.

Why come on the show??? She needs to at least change her attitude even if she doesn't lose the weight. I know from personal experience that some people are slow to lose weight regardless of what they eat, especially if you are diabetic. But, there is a difference in not trying and just dissing everybody. She doesn't act like she wants to learn anything from anyone.

==========

Re:Celebrity Fit Club 4

Posted by KPW1956 - 2006/09/17 14:44

She is definitely resistant to the process. She also seems resistant to feedback. I got the impression that some of the other members of both teams were genuinely trying to encourage her.

But it is like she isn't even trying.. Granted everyone's metabolism is a bit different.. I don't know how she could be exercising if she couldn't even do the tread mill for more than 5 minutes. She had lost some the first week.... so maybe it's a case of SO, in that her own behavior and patterns will catch her attention once she sees the actual episodes air. I am sure she will be a bit embarrassed.

I'm impressed with most of the others. All seem to be taking it seriously.

One thing about last weeks episode that was strange.. One team got to go to a spa resort as a prize and the other team

went to some sort of indian pow wow... It was supposed to be a spiritual focus to motivate them... But hey, I find it very hard to take Gary Busey seriously about anything. He was whacked when he was on the show a couple seasons ago.. He still seemed half whacked.. Maybe he messed up his mind with all his substance abuse over the years.

==========

Re:Celebrity Fit Club 4

Posted by Debby - 2006/09/18 15:45

Maaaan, that Gary Busey is a wacho. I mean that in the kindest sense of the word. I laughed so hard at him. Where was he coming from? I want to see that show again, as I didn't catch all of it, because he is funny. I have a friend who was with him at the Betty Ford clinic once. He said Gary was a real character even then.

The last show showed a big change in Angie. How about her shoveling the manure? That was funny too. She really did a turn around, although, I don't know if I would have had the nerve to show up with that trainer one and a half hours late. My, what a diva some people are. It's really scarey.

I'm glad Carnie spoke up about gastric bypass surgery. The words of the doctor on that show make me doubt his knowledge of bariatrics. To suggest that all a super obese person needs to do is to cut calories and exercise is ridiculous. Most people who weigh over 300 pounds have a more serious condition than that simple advice addresses. This whole smugness about "losing weight the right way, versus the surgery route," is ridiculous. I guess it makes sense coming from a doctor who has a new diet book on the market.

==========

Re:Celebrity Fit Club 4

Posted by KPW1956 - 2006/09/18 17:53

I don't know if Gary Busey was still using or not... but yes I thought he behaved wacko too but I didn't perceive it in a funny way. There must have been more to the meeting for Ted and troupe to be so moved by it... I did see Tina get emotional because Gary's arms reminded her of her dad's. (whom she had lost not too long before.. Maybe last winter..)

I was glad to see Angie turn her attitude around.. I wonder if it had to do with her contract or a genuine change of heart.. I'm glad she apologized. But in some ways she may represent many people and their struggle to lose weight. Make every excuse in the book... and shift blame.. Maybe they showed her the tapes! LOL!

But really am glad.. I really though Nick was going to be the season's bad boy... and he seems to be enjoying and benefitting from the experience..in more ways than just weight.

I am impressed with Bone Crusher! He's had a great attitude..

I am actually enjoying this season more than any other.. How about you?

As for the comments about bypass... I think they both have points... Some people might use it as a quick fix... I know my insurance won't even consider it unless there are other health issues evident.. I'd probably be a candidate if you look at pounds only... but my bp, bs, and cholesterol are all fine.

Since Christy and Sommer both had it.. I know they were at least when they entered the SO house still resistant about what they were eating. Sort of a 'denial' factor. Remember when Christy wouldn't keep a food journal..? I also remember when Sommer came into the house during SO2...that she'd be eating chips and junk food and then lay on the floor because she ate too much.

I think Dr. Ian Smith was just saying that you have to get serious about the habits that you have. Even Carnie has regained some weight and admits that she still struggles with food. I completely understand her... She probably would have been considered morbidly obese.. But she was definitely heading down the wrong way.

I thought they both had points.. and don't think either meant for it to be an all or none discussion.

My daughter likes Tina! Of course she doesn't remember Family Ties though!

==========

Re:Celebrity Fit Club 4
Posted by KPW1956 - 2006/09/22 01:44

Just saw a commercial for a new upcoming episode. Seems like Carnie goes off... They are giving her a lie detector test (or what seems like it..) They had to 'bleep' alot out!

I checked her website...Didn't really find out much about how she ultimately wound up doing through the CFC but noticed info about her appearing on the View on the 27th, For those who have the Hallmark channel apparently Naomi Judd has a new talk show and she's slated to be on that on the same day. Sounds like it was a morning program... I haven't heard about this talk show...
Carnie is also supposed to be on Tyra on the 29th.

I'll tune in probably to the View and see how successful she was on CFC! It looks like there will be others from the season of CFC on the View that day too! (Wed. Sept 27th!)

==========

Re:Celebrity Fit Club 4
Posted by Debby - 2006/09/22 11:22

I would hate it if Carnie left the show. THere are only a couple of weeks left, right? I saw the part about her being given a polygraph.

I realize that weight loss is a veeerrry difficult thing to do, however, if you are on a national television program, in which you are given a professional trainer and nutritionist and food for a certain length of time, don't you think you could tough it out at least until the show is over? They know they are being weighed every week. How could anyone have anymore motivation?

I love good food and can understand the temptation to treat yourself once in while, but, during an intense weight loss program? I just don't get it. Maybe these contestants really do need a life coach to show up at their house everday to lead them through developing a new way of eating and exercise.

==========

Re:Celebrity Fit Club 4
Posted by KPW1956 - 2006/09/25 12:54

I think last nights show was the next to last weigh in.

The stuff about Carnie wasn't nearly as dramatic as they made it sound...nor the friction between Tina and Elaina.. (they are both competing for a special prize of highest amount of individual percentage weight loss).

A couple of the 'cast' members are really being very greatful and open about the CFC experience. I think even the panel is really enjoying this group of cast members. I hope it sets a better trend for the show in the future. The bad boys and girls wound up getting reformed pretty quickly and everyone seemed genuinely concerned about their fellow cast mates. It seems they have built some genuine friendships out of respect and appreciation of their own journeys.

Isn't anyone but Debby and I watching this?

==========

Re:Celebrity Fit Club 4
Posted by Debby - 2006/09/25 15:08

Apparently not KPW. It's a great show IMO.

Tina and Elaina have lost the greatest, body fat percentage, I think they call it. They are both new mothers and aren't they breast feeding? I have heard that breast feeding can cause easy weight loss in new moms. Is this true?

==========

Re:Celebrity Fit Club 4
Posted by KPW1956 - 2006/09/25 20:07

Debbie, I've heard that too... I know nursing moms are supposed to consume about 500 more calories a day.. or that is what used to be recommended...

I looked up all 3 ladies, who all have had their first baby in the last year or so.. (what a coincidence!) The newest baby was Erika's...born in Jan. I don't recall her saying that she nursed.. Erika has a website and mentions the show in real time. She said in a post earlier this month that the show was taped 4 months prior.. So it sounds like it was taped in the spring..

So Erika's baby was definitely the most recent... and she had the greatest ability to drop the weight...

Tina on the other hand supposedly had always had a weight problem... The imdb mentioned only that her baby was born in 2005... I don't remember what was mentioned regarding babies ages in season debut. I did get the impression that the child was fairly young..

Carnies baby was born in April of 2005.

I don't recall that Erika had any history of weight issues and hers may have been mostly baby weight. Especially if the show was filmed in the spring and her baby was only a few months old.

I'm going to look forward to Friday's the View. I think several of the cast members (I think mostly the women) are going to be on the show. With the season finale next weekend... I think maybe it's a promotional tour of sorts!

Carnie has a website and apparently has done a recording of lullabyes.. If that's her baby on the site..than it is a beautiful baby!

==========

Re:Celebrity Fit Club 4
Posted by KPW1956 - 2006/10/02 12:03

Did anyone see the finale last night?

It was an hour and a half... Really enjoyed it and the season as a whole.

Tina won the car... (greatest body percentage loss) Ericka lost 8 lbs... to take the lead but Tina weighed last and lost 10 lbs... They both lost more than 20% of their body weight in 100 days.

==========

Re:Celebrity Fit Club 4
Posted by Debby - 2006/10/02 17:20

I saw it and thought OMG. How could Tina lose 10 pounds in 1 week? She had to be breast pumping or something. She wasn't exactly fat anyway. That's quite a bit of weight for someone who only weighs 150-160! She must have really wanted that car.

Which team won the final weighin? I missed the very end. Did they each get that money or did they have to split it?

==========

Re:Celebrity Fit Club 4
Posted by KPW1956 - 2006/10/02 17:51

I thought it might have been a 2 week period.. But still that is alot of weight for both of the women to lose.

Erika was under 130 and lost 8 lbs.. (if my memory serves me correctly. She started the show only under 160..

Tina for the same period was over 160 and lost 10..

I know one year they had a celebrity admit they were taking diet pills and that was addressed. I sure hope they would make sure that they aren't competing in that way... or taking diuretics..

Even Nick seemed like he was getting compulsive about it.. He lost 5... which he was doing pretty well anyway. But when he was describing 'sweating' a little bit more..and then playing some sort of ball that morning with 3 sweatshirts on to sweat even more... That just sounds compulsive which isn't what the coaches were trying to do...

The only reason I remember that it might have been a 2 week chunk this time was because Ted didn't really want to lose anymore weight... And they initially were trying to challenge him to lose 6 more lbs... saying 3 a week... and he could still be healthy... but I think he was wisely skepitcal but agree to try to lose 3 for the team...

I thought Erika was looking gaunt.. From their speeches they seemed heartfelt that they really got alot out of the experience... Tina's little piece about the bikini showed she stilled had some weight to lose in her midriff... I thought she looked great...but she was still over 150 lbs. at that point.

I thought she and Erika were more likely having a friendly competition... and everyone really did root for everyone else! Erika and Tina walked out to the scales holding hands.. I sure hope they wouldn't be having animosity over the issue.. They raked in alot of freebies as it was!

==========

Re:Celebrity Fit Club 4

Posted by Debby - 2006/10/03 11:17

Yes, I agree. I think some of those who were really close to their goal weight were really pushing it with continueing to lose a few last pounds. I suspect they were doing it with very hard workouts, light food, and little water, although, I'm sure they wouldn't admitt it. But, it looked like they were really healthy enough to do well on the physical challenge. For some of them to have been so large, I thought they were quite agle....even Bone Crusher.

What I was referring to about the final weighin was which team won the money? I missed the very end. Also, did they split the money or each get the entire $125,000? That was never made clear. It doesn't sound like much money to split amongst 4 people.

==========

Re:Celebrity Fit Club 4

Posted by KPW1956 - 2006/10/03 11:37

I think the $125,000 was total prizes... The winning team (Carnie, Nick, Erika and Bone Crusher) got $20,000.. But I think that might have been split..

All of the contestants rec'd nice gifts.. a year of concierge services of some kind..(a special company), a nice trip including airfare and really nice luggage. I think they also all got watches...

Some of the gifts may have been donated.. They made it sound like the $20k was going to come in handy for spending on the trip... But I think $5k would have been a nice stipend to use on a trip... (split the $20k 4 ways) They had the cash in a briefcase.

VH1 has a message board going on for the show.. Carnie started off really strong and then fizzled.. someone was saying she should give her share to Bone Crusher! I thought that was funny...

I was really very impressed with him. Not just his effort... but his honesty and demeanor towards the others, and his obvious devotion to his family...

I agree that those who were particularly competitive..probably pushed themselves too hard... I would hope that they did it fairly and realistically... and not with diuretics or anything like that.

Hopefully they are all maintaining..

I enjoyed Ted Lange too.. Vinny and Nick mellowed alot during the series and nice to see Angie come around.

I had taped the show for my daughter who was doing homework that night.. I can double check the prize awards...But I think between the 2 teams they lost around 250 lbs.

There was a thread on the VH1 forum where they were talking about who to have on for another series..

Many agreed it would be great to see Bone Crusher and Angie come back.. Maybe even Vinnie too... I was impressed with his progress with a jump rope!

I know they'll be showing reruns of it several times this week and usually will show the series through again.

I think there were only 8 episodes covering the 100 days.

==========

Re:Celebrity Fit Club 4

Posted by Debby - 2006/10/03 12:31

Okay, I get it. I thought they got a cash prize only. Of course, weight loss is a very GREAT gift to give yourself.

I loved that song that Angie sang on the finale. It must have been one she wrote. It was quite fitting for the occassion.

==========

Re:Celebrity Fit Club 4

Posted by wish - 2006/10/04 17:52

I loved this season better than the others, the teams cared for everyone.

==========

Re:Celebrity Fit Club 4

Posted by KPW1956 - 2006/10/04 17:54

I agree! Nice that the show (or contestants) raised the bar for future series! I'm already looking forward to CFC5! (Also glad that Debbie and I weren't the only community members watching!):laugh: :laugh:

==========