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## The Biggest Loser 2007

Posted by Debby - 2007/09/10 16:30

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I'm looking forward to the new season. It's supposed to come on tomorrow night at 8:00 NBC.

I hear they have a new host. I wonder why they switched from Caroline Rhey. I noticed she had gained a lot of weight the last time she was on The View. I wonder if that had any impact on their decision to go with another host. I can imagine it would be difficult for her to be moderating the thing when she may be as heavy as the contestants.

Have any of you thought of what it would be like to be a celeb and need to have your body in tip top shape in order to earn a living?

I've always thought that it would be rather easy to stay in good shape if I could afford to have a cook prepare my meals everyday and ensure that they were highly nutritious, low calorie, low fat, high in protein and fiber. If I could afford to pay someone to do my shopping for me, so I wouldn't be tempted walking down the grocery aisle. And I could afford to have a personal trainer come to my house a couple of hours every day and whip me in to shape. And I could afford all the best gym equipment to keep right in my house so I could work out anytime. And I would have the extra incentive of seeing myself on the big screen, or tv or read about my body's state of condition on the cover of magazines. Plus lots of pics of you eating hamburgers, tacos, ice cream, in the media with an ugly comment underneath.

It seems there is plenty of incentive to stay in shape. Why is it still so difficult for some in the business who really seem to be able to afford and still don't. Oprah spends money on everything she can to ensure she stays fit.

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## Re:The Biggest Loser 2007

Posted by KPW1956 - 2007/09/10 21:14

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There was a reunion show last week... (it wasn't that great) The new host(ess) was on it. I hear that Caroline's contract wasn't renewed. It might have had something to do with her image and weight gain..

The new hostess is Allison Sweeney. I think she starred for many years on Days of Our Lives.. I don't think she did that hot last week. Namely they had a hokie theme that they were trying to evoke on the returning contestants.. It sounded like an infomercial.. (the chant was "Did they keep the weight off") (and then they were sent to the scales.) I think mostly Allison was nervous and embarking on something totally new... she may well work out great.. just her debut was a bit rough.. Probably a bunch of factors contributing to it.. (bad format and a newbie!)

I'm really looking forward to it too..

I visit the NBC forums for the show too.

They showed some clips of the new series.. and there is another twist in it.. Some of the contestants are supposedly sent home but actually go to the trainer that left the show.. Kim replaced her.. (Can't think of her name at the moment..) So there in essence might be 3 coaches and 3 teams..

I'll be watching.. or plan to!

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/09/11 10:34

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I missed the reunion show. I didn't even see ads for it. Not sure how that happened. Did the contestants who met, married and had a baby look okay. I saw them in an interview a month or so ago and they looked like they had gained a lot of weight. They were still thinner than the beginning though.

The new host was on the news this morning. I recognized her but don't know her well. I never watched Days of Our Lives. She looks a healthy size. Not rail thin, but not

I hope it's good this season. I heard they have a 62 year old man and that they are no longer in the big beautiful house but in a campus setting. I'm not sure what the point of that is. I mean do they think the contestants have it too easy. LOL. I think not.

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## Re:The Biggest Loser 2007

Posted by KPW1956 - 2007/09/11 13:26

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I was on the boards at NBC last season...and there were rumors that Marty and Amy had hooked up. (He was married).. He' s since divorced his wife and proposed to Amy on the reunion show.. They tried to make a big deal about it.. But many of us... (me included) thought it was horrible that they would humiliate Marty's first wife. I remember when they did family background pieces via video that his wife was sharing that she and Marty would be able to start their family. Of course there may have been some underlying issues to begin with.. we'll never know.. But I personally think it was humiliating to have Marty's wife come onto the show last year while at the same time he was having an affair (confirmed by the other contestants) and then obviously a divorce over the issue.. and a very public proposal on the reunion show.

I'm sure alot of viewers weren't aware of that.. Everyone loves a good love story.. But Marty was a rat... Things happen but he didn't have to rub his ex wives nose in it.. Who knows whether their divorce is even final yet?

Some of the posters at the other forum think Marty orchestrated the public proposal to boost his and Amy's new found Personal training business. I'm sure the publicity didn't hurt... except to those who find the way he treated his first wife was in very poor form. I'm sure Amy has some fault in it.. She should have known better than to get involved with a married man.. But at least she can go into this with her eyes wide open.. Once a cheater, always a cheater.. (maybe not really.... but I sure think that trust issue could be broken with little effort..)

The difference with Matt and Suzy's story...they were both single..and it slowly evolved in a natural way. I hear they cut the part where they came out on the stage. They weren't weighed. Their baby was born in June and I'm not sure when this show was actually taped. Hopefully they don't regain their weight.

I think the show concentrated mainly on those who've kept a substantial amount of weight off. Alot was edited out... to allow time for the Amy and Marty proposal 'schtick'.... But I thought even both of them had regained a bit..

Believe me, you didn't miss much.

You might enjoy the forum over there! Let me know if you want a link... You should be able to find it pretty easily.

They did show a couple clips about the new contestants and I did see the older gentleman you are referring to. There were several compelling stories.. Looking forward to tonight!

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/09/11 14:01

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I will check out their board sometime. I'm having trouble remembering how Marty and Amy looked. I had no idea there had been cheating going on in the house. My, my. I agree. There was no need to embarrass his wife that way. I think Marty and Amy both own a part of that fiasco. The show should have refused, if they knew what was going on.

I am really a romantic at heart, but I have a pet peeve. Public marriage proposals turn me off. I'm not sure why. I have always thought it to be fake and making your proposal about being seen rather than an intimate moment with your mate. I know, I know, I sound cold, but I really can't stand them. The one they did sounds as if it was VERY inappropriate.

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/09/12 12:38

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Did anyone see the show last night. It was so good. Great show and great contestants. I think it's the best season ever.

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## Re:The Biggest Loser 2007

Posted by KPW1956 - 2007/09/12 13:25

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Yes, I saw it... and most everyone had the same impression!

Great kick off... Nice variety of people and great twist to the plot this year. The black team will be pulled in next week so there will be 3 teams competing. I knew Jillian was coming back based on the forums over at NBC... But many are saying they wished they hadn't known that spoiler.. It would have made the new twist a bit more dramatic!

How about that Jerry!? 62 years old.. (gotta read his bio) first one to reach the parachuted coaches...(to ensure a spot on the squads and be team captain) and he picked the better of the 2.. (imho anyway) then he lost 31 lbs the first week!

He kicked butt this week!

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## Re:The Biggest Loser 2007

Posted by MEW - 2007/09/12 14:55

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Saw the preview show and thought it was ok....Didn't know the gossip about Marty being married.....I probably knew it last year and just didn't think about it!!

It was a good show starter.....hey if a 62 year young man can do it then there is no excuse why I can't loose this last 10 pounds!! I'm sure that if I was to keep at it all day in training, and eat what is given to me I could do it!! But i have this thing called a job, and have to prepare meals that are good for us all.....so I eat less and work out when it is possible 3x a week!!

It's going to be interesting to watch them all shrink!!

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/09/12 17:32

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Three workouts per week sounds good to me. I used to go at least 5 days per week but not lately. LOL.

I do wonder about making the contestants pull on an airplane. That seems like a lot of stress on these out of shape people's backs. If you hurt your back in the beginning, how are you going to keep up with all the physical training? I would hate to look like a wus, but I would not have strained by back on that plane challenge no matter how much I wanted photos of loved ones. LOL.

There's another thing I don't get. Why did the girl who got sent home keep saying she wanted to go home? Why do they do that?

I know the 62 year old did well, but soon his teammates will turn on him. Remember the guy who was so nice and tried to be very fair a couple of years ago? I can't remember his name but he was African American and in his 50's I think. I was a big fan of his. He was selected to designate some subteams. He could have matched the people up so it was likely they would do poorly and he would reap the benefit, however, he didn't do that. He was fair about it so everyone had a fair shot. I knew it they would do it. They stabbed him in the back the first chance they got and voted him out. His best friend no less.

I hope this new older man remembers that lesson. It's eat or be eaten. LOL.

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/09/19 11:46

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Did any of you see the show last night? It was really great. Some of the attitudes of the women are very surprising. Why are they losing so little weight?

Didn't they used to wear their team t-shirts to the voting room. Why did they not do that last night? Just curious.

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## Re:The Biggest Loser 2007

Posted by KPW1956 - 2007/09/19 12:03

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Apparently according to info during a chat last night at NBC's website with Jillian (the black team's trainer) the 2 women on her team who've lost small amounts both have issues.. One has a known low thyroid issue and the other is coming off birth control pills which supposedly can also mess up your system. I got that info from someone who was at the chat.. I wasn't myself so I didn't hear it from the horse's mouth.. I wonder if they'll bring these issues out in the forefront to educate the viewing public. I mean thyroid issues are fairly common and I myself have a low thyroid so I'd be interested in seeing this explored more. I don't know why they'd knowingly pick someone dealing with this... It would seem obvious they wouldn't be able to compete the same.. Not sure about the BC issues with the other woman.. Maybe it will just take a couple more weeks to get her system adjusted and the bc chemicals out.  
(If they knew they were coming to the show... why didn't they get thyroid and bc issues addressed first..?) I guess thyroid issues can develop..

I am enjoying the show.. I was surprised it was 2 hours again.. I hear the show will run 90 minutes this season though. I guess because they have 18 (originally) contestants.. That is now down to 16.. Maybe it will run longer into January now.

As I mentioned I am dealing with a low thyroid and losing weight is really really slow.. and can be very discouraging. I'm going in tomorrow for another blood test .. I'm hoping it shows it's still sluggish and that they'll up my dosage. Then I hope I'll have a little steadier of weight loss.. Watching the show is an encouragement... But wow... some of those guys have already lost 40 lbs. (the old guy!)

As for me, I guess slow and steady is a better way to go so that my body can adjust as we go.. I've got a long way to go!

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/09/19 12:43

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I buy the story of the thyroid issue. I too have had a sluggish thyroid in the past. I'm getting it checked out again next month when I see my endocrinologist. I have done research (sorry I don't have the links handy), but it said that sometimes just a regular test for thyroid issues is misleading. You can have a problem that must be uncovered with additional special tests. If you are seeing a GP and not a specialist, they may miss it. I wonder if that is what happened to me in the past. I'm going to find out if that is my problem this time. I have a very wonderful endo now, who is a leading doctor in his field.

But, why allow the woman on the show if she came on with a handicap that will cause her to fall behind and get voted off. That is cruel IMO.

I don't buy the birth control pill story. I used to be on them. I think they made me retain fluid a little more, but to have a strong impact on weight loss, I just know. That sounds fishy. Maybe she had some other medical issue.

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/10/08 13:14

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I'm finding that I enjoy this show better than the previous seasons. I find the contestants to be nicer and not so mean. I even like the coaches better than before.

I don't however like the host as well. There's nothing really wrong with her. She just doesn't contribute much to the show.

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## Re:The Biggest Loser 2007

Posted by KPW1956 - 2007/10/08 23:32

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I don't think she's awful... but Caroline Rhea wasn't that great either.. Caroline has struggled with her weight and I think

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she had been gaining.. Maybe that is why she was replaced..

I've heard that Allison has has weight problems in the past and can probably empathize with the contestants.

Maybe the producer's see her as eye candy!

The main NBC page has an area where she has a blog ongoing to correspond with the episodes. So does a Dr. Jen.. who was the Va. representative for the states last year. Apparently after losing all of her weight...the show enlisted her to help the main doctor and she works with the show now. She was from Northern Va. too. I know she was one of the top women contestants... This Dr. Jen, has alot of great info to contribute regarding the behind the scenes goings on especially with regard to medical issues.

They do stay on top of the contestants..

This week I think one of the contestants (I think Brian).. has some sort of medical crisis. Last weeks previews mentioned (and showed) this. I'm looking forward to tomorrow night's show.

I'm enjoying this season as well. It sure is nice to have a nicer pot of contestants.. It's not that all the others were bad and I'm sure there are a few stinkers here too... but at least with editing, they aren't favoring the troublemakers. At least not yet..

I've liked the tips and trivia segments.

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## Re:The Biggest Loser 2007

Posted by mazzy - 2007/10/09 00:06

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I started watching a few eposides of The Biggest Loser this season. Their workout routines seem brutal... LOL... I get tired watching. I get motivated to eat less just watching them struggle.

I was sorry to see the older man voted out. I'd actually like to see more of a diverse age group participate.

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/10/17 13:03

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Did anyone see the show last night?

I'm having a hard time watching this show AND Dancing with the Stars. I'm glad Marie and Jane are still in the competition.

How about that vote on the Biggest Loser. Is that one guy crazy? I can't recall his name but the one who caused a tie vote. Is he really thinking stradeegy? Maybe so, but, with the big losers off his team, it looks like he may be going back to the voting room next week.

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## Re:The Biggest Loser 2007

Posted by mazzy - 2007/10/19 07:09

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I saw the show... it didn't make sense to cause a tie... the only thing I thought was that they couldn't make the decision to agree on the vote so foolishly they left it to fate.

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## Re:The Biggest Loser 2007

Posted by KPW1956 - 2007/10/19 07:36

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Either that or they wanted to annoy the heck out of Kim their coach. I've been watching..

I thought she was rude to David AND shouldn't have tried to influence their voting the way she did.

There have been more than a couple of incidents involving Kim last season and this that makes me not trust or like the woman. They've shown her blurt the F-word twice this season when in a heated exchange with a team member. Once with Amy (who admitted used it first) but then with David when she went off on him.

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## Re:The Biggest Loser 2007

Posted by mazzy - 2007/10/20 09:13

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Joy Behar was hosting Larry King last night. The discussion was diet and weight loss. Author, Gary Taubes, Good Calories Bad Calories was on with Dr. Oz and one of the trainers for The Biggest Loser.

Gary Taubes was talking about the benefits of a healthy low carb diet... including vegetables in the diet. He and Dr. Oz both agreed the "white stuff" is not healthy and is causing people to gain weight. The trainer from the Biggest Loser pushed exercise.

Gary Taubes said something about exercise making one hungry and that has always been my experience. When I push myself to exercise... my appetite definitely is larger... correction huge... LOL.

It was a very interesting program with an interesting mix of guests.

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/10/22 11:25

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I saw that show. Did you hear the list of foods all of them had eaten that day, which I think they said was typical of their normal diet? Not many people will choose to eat that way long term, IMO. I guess that is why they are all slim.

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/10/24 12:00

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KPW1956 wrote:

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Forget what I said about liking this group of contestants more than the previous ones. I was wrong. The evil is now coming out with full force. The guy who gained 17 pounds in 1 week just to has his team put up for elimination was sick. Of course, they voted out the guy who lost the weight on the team and kept the jerk who gained. I know it's about winning the money, but they need to change the name of the show to "The One Who Can Lose the Least Amount of Weight and Not Get Voted Out." It's such a joke at this point.

I would like to see them change the format and rules to cut down on the sabotoge. Of course, maybe that's what they consider entertainment. I don't. It's different from Big Brother where all is fair, because this is about a health issue and not just money.

Kim is soooo unprofessional. I could barely believe my eyes and ears at the way she handled that girl not wanting Kim to continue to be her coach. It was very inappropriate.

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KPW, I didn't know that she had been cursing at the contestants, but that should never be allowed. That is verbal abuse IMO.

Kim needs to go.

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## Re:The Biggest Loser 2007

Posted by mazzy - 2007/10/26 21:16

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Debby wrote:

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I saw parts of the show... I kept switching back and forth to another program, but I did see the end where the guy who gained the 17 pounds purposely was able to stay. I wasn't happy about that... seems that he is playing Survivor... out wit... out play and last... LOL.

My hope is that the guy that was voted out is getting strong support from the show to continue losing weight on his own at home. My guess is that is what the show does for all contestants. Seems that the success rate is very high.

I have never seen people work so hard to lose weight... correction... work out so hard. It seems a bit unrealistic to me, but I guess it's because I've always relied on diet over so much exercise. I guess I always knew I would never keep up that pace... I personally would rather eat less... which is hard also... especially these days... LOL.

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## Re:The Biggest Loser 2007

Posted by Debby - 2007/10/29 13:34

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It's hard to tell exactly how much they are working out. They could just film them working out real hard for 20 minutes, but it appears they have been sweating for hours. LOL. It' difficult to know for sure.

A few years ago, I worked out in the gym very hard for at least 2 hours per day at least 4-5 days per week. I must say that there were not any other women my age there doing that. They might walk a few miles or get on the bike for a while, but not running 3-5 miles, and then getting on other equipment and working out just as hard. I started to get injuries and let it go, even though I was in great shape and at a low weight. I know I need to get back into the workouts, but I don't know how realistic it is for me to continue to work out that intensely on a permanent basis. Although, I have heard of senior citizens who run marathons. LOL.

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I saw a great inspiration this weekend on MTV. This teen who was super obese was featured on this show called Getting Made. He was very large and a very big eater. At the end of the show his insurance had not approved his sugery, however, the show went back years later and he did get the surgery and is now very thin and healthy. He works out like crazy with weighs, swimmimg, etc. and his goal is to be a police officer. What a success story.

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