



The Biggest Loser 30-Day Jump Start: Lose Weight, Get in Shape, and Start Living the Biggest Loser Lifestyle Today!

By Cheryl Forberg RD, Melissa Roberson, Lisa Wheeler, Biggest Loser Experts and Cast

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The Biggest Loser 30-Day Jump Start: Lose Weight, Get in Shape, and Start Living the Biggest Loser Lifestyle Today! By Cheryl Forberg RD, Melissa Roberson, Lisa Wheeler, Biggest Loser Experts and Cast

Over the last six seasons of *The Biggest Loser*, you've watched as contestants shed pounds, got healthy, and dramatically changed their lives for the better. In fact, you may have been so inspired by the show's remarkable success stories that you've considered embarking on your own weight loss journey.

If you're looking to get healthy now, there's good news: You don't have to spend time at the ranch to benefit from *The Biggest Loser* magic. ***THE BIGGEST LOSER: 30 DAY JUMP START*** by Cheryl Forberg, RD, Melissa Roberson, Lisa Wheeler, brings all of the secrets of the ranch right into your own home. *The Biggest Loser* experts?the same ones who advise the contestants?are here to walk you through a 30-day plan that will kick off your weight loss and help you build new, healthy habits.

In this book you'll find easy-to-follow menus, recipes, exercise plans, and motivation for each day of the week. You'll also find helpful tips and advice from past *Biggest Losers* who have been in your shoes, including the nine contestants from Season 7 who left the ranch early to follow this very plan at home.

So far, the Biggest Losers have lost more than a combined 10,000 pounds. But for each of them, the journey started with a commitment: to health, to weight loss, and to themselves. The first steps toward a healthier future are in this book?what are you waiting for? Make the commitment, take the leap?and begin your 30 day jump start today!

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Editorial Review

About the Author

Cheryl Forberg, RD, is the nutritionist for *The Biggest Loser*. As co-creator of the eating plan, she has counseled each season's contestants on reaching their fitness and nutrition goals. A James Beard award-winning chef, Cheryl brings a flavorful and fresh approach to eating for weight loss with a special emphasis on anti-aging. She is the author of *Positively Ageless: A 28-Day Plan for a Younger, Slimmer Sexier You* (Rodale, 2008). Cheryl is a graduate of the University of California, Berkeley. She lives in Napa.

Melissa Roberson is the editor of BiggestLoserClub.com, the website that offers food, fitness, and exercise tips. She often visits the ranch and interviews trainers and contestants about their inspiring weight loss journeys. She is a web veteran, having worked on new media projects for Time Inc., *The New York Times*, News Corps., Amazon.com and BarnesandNoble.com. She lives in Hoboken, NJ.

Lisa Wheeler, an international dance/fitness professional based in New York City, is the National Creative Manager for Equinox Group Fitness, a Contributing Editor for *Shape Magazine* and Choreographer for Cal Pozo's Fit Vid Productions, where clients include The Biggest Loser, Dancing with the Stars, American Gladiators and Denise Austin. She has appeared in more than 20 fitness videos, FiT TV, and hosted The Method Fitness Show. Lisa leads the Westin Workout segments on SPG TV and has hosted fitness programs for the NFL Channel, CNN Headline News, The View and QVC. She holds NASM, ACSM, ACE, and AFAA certifications.

Users Review

From reader reviews:

Gale Kizer:

Now a day individuals who Living in the era wherever everything reachable by talk with the internet and the resources inside it can be true or not demand people to be aware of each data they get. How people have to be smart in acquiring any information nowadays? Of course the answer is reading a book. Looking at a book can help persons out of this uncertainty Information specifically this The Biggest Loser 30-Day Jump Start: Lose Weight, Get in Shape, and Start Living the Biggest Loser Lifestyle Today! book because this book offers you rich data and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it you know.

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Reading a e-book tends to be new life style in this particular era globalization. With studying you can get a lot of information that can give you benefit in your life. Along with book everyone in this world can share their idea. Books can also inspire a lot of people. Many author can inspire their own reader with their story or maybe their experience. Not only the storyline that share in the books. But also they write about advantage

about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on this planet always try to improve their talent in writing, they also doing some exploration before they write with their book. One of them is this The Biggest Loser 30-Day Jump Start: Lose Weight, Get in Shape, and Start Living the Biggest Loser Lifestyle Today!.

Robert Wolfe:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their leisure time with their family, or their friends. Usually they undertaking activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled The Biggest Loser 30-Day Jump Start: Lose Weight, Get in Shape, and Start Living the Biggest Loser Lifestyle Today! can be good book to read. May be it may be best activity to you.

Joshua Stpierre:

Reading a guide make you to get more knowledge from that. You can take knowledge and information from the book. Book is created or printed or highlighted from each source in which filled update of news. On this modern era like right now, many ways to get information are available for a person. From media social just like newspaper, magazines, science publication, encyclopedia, reference book, novel and comic. You can add your knowledge by that book. Are you hip to spend your spare time to spread out your book? Or just seeking the The Biggest Loser 30-Day Jump Start: Lose Weight, Get in Shape, and Start Living the Biggest Loser Lifestyle Today! when you needed it?

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