



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.

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From reader reviews:

Dawn Hicks:

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