



# **The Biggest Loser: 6 Weeks to a Healthier You: Lose Weight and Get Healthy For Life!**

*Cheryl Forberg, Melissa Roberson, Lisa Wheeler, The Biggest Loser Experts and Cast*

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Based on the hit show and *New York Times* best-selling books

Each season on The Biggest Loser, America watches the contestants transform their bodies at the Ranch. But what you can't see on television is the even more incredible physical transformation that takes place on the inside, as Biggest Losers radically change their health and quality of life through diet, exercise, and lifestyle changes.

*The Biggest Loser: 6 Weeks to a Healthier You* brings the Ranch into your home and gives you the same tools, medical advice, nutrition tips, and exercise instruction that the contestants receive there. In just 6 weeks, you can change your future and make strides toward preventing and reversing conditions such as diabetes, heart disease, and high blood pressure. You'll also learn how to:

- Boost your mood and brainpower with simple yoga poses and omega-3 rich foods like the Veggie Cheese Omelet and Mexican Turkey Burger.
- Protect yourself from colds and flus by enhancing immunity with the power of vitamins A and C, found in the Southern Start breakfast and Fire-Roasted Tomato Soup.
- Cut your cancer risk with strength training and the power antioxidants, like those in the Bye-Bye Blues Smoothie and Berrylicious Oatmeal.
- Help prevent heart disease by getting plenty of aerobic exercise and trimming saturated fat from your diet with lean protein dishes like the Sweet Pepper Chicken Sandwich and Egg White Bites.

With delicious recipes, easy-to-follow meal plans, and 6 weeks of exercises to get you moving, *The Biggest Loser: 6 Weeks to a Healthier You* helps you lose pounds--and gain a lifetime of good health.

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