

Title:

3 Lessons From The Biggest Loser

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Summary:

All over the world, night after night, millions of people are riveted to their TV sets - but n

It's not surprising that for so many people this is compulsive viewing. Obesity is the new epi

Keywords:

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Article Body:

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But who has four or five hours a day to work out? Who can afford a personal trainer several ti

IS it harder in the real world? Probably. But you can take lessons away from watching this rea

1. Put Weight Loss First.

In the Biggest Loser household WEIGHT LOSS COMES FIRST. Make it come first in your household,

Think: what is most important: getting the weight off, and becoming fit enough to put years on

2. E is for Exercise - and Enjoy!

What else do you notice in the Biggest Loser household? The more they exercise, the more they

The secret to enjoying exercise is finding what's right for YOU. If you don't really enjoy the

3. Identify the Triggers.

Emotions run high when the contestants have to face their demons. Weight gain is rarely from j

Once you have identified these triggers, you can start working on strategies to defeat them. T

These are just three of the lessons that anyone can take away from watching The Biggest Loser.

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