



NLJ Fitness & Wellness Consulting

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The Smartest Loser

By Nancy Jerominski

“Do you watch that show *The Biggest Loser*?” many clients start out asking me. “Let’s do what they do!” I politely, but firmly explain to them why that will never happen in my lifetime.

There is nothing remotely realistic about that horrible show. Any trainer worth their salt is appalled at what is being done to desperate, overweight people in the name of fitness, as noted by well qualified trainer, Laura S. Giddon, M.S., Bamboo Balance LLC, Los Angeles, CA in the June 2009 issue of *The IDEA Fitness Journal*:

“Like Daniel, I have been a part of this profession for twenty-eight years, earning many certifications and training clients for many hours. In addition, I’ve earned a Master’s degree in exercise science, and I take my career and passion for fitness/exercise very seriously. I am embarrassed by this show, and I believe every fitness professional should educate all clients by letting them know this is the exact opposite of what real fitness training is. Hooray and kudos to Daniel (R. Ball) for writing this piece and to IDEA for publishing it!”

Who wouldn’t lose a bunch of weight if calories are chopped to 1200 daily and harsh physical activity was performed 6 hours of the day at the hands of Nazi trainers?

Is it possible to keep that pace up for the rest of your life?

Of course not! Being healthy is a lifestyle you practice for your lifetime, not something you do for 3 months on a TV show grabbing weekly ratings.

How many of the winners have kept the weight off once they step off the limelight of the national television stage? Web surf a bit and you’ll find not *one* of them has. Read some of their blogs prior to “the big night”; you’ll find they were literally starved and dehydrated so they looked their “best” when they stepped on stage. I recall one contestant saying he or she gained 20 pounds within the next week or 10 days following the show!

How is this remotely “healthy” or realistic for a lifestyle?

I’d love to hear about us all being *The Smartest Loser*. Being healthy while getting fit really isn’t hard, but it does take personal responsibility. We make it easy to be sick and fat in America; it’s not our fault. It’s our parents’, our stressful lives, or the government’s for not having better health care. And, there’s so much conflicting information people just shut down.



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But the reality is that the burden of our health sits squarely in each of our laps, harsh as some find that. If we don't eat McDonald's "food" the way they currently make it, they will change and make it the way it should be made.

If we stop watching shows that humiliate desperate people for ratings, "they" will stop producing them.

Want to start feeling better and lose weight? Stop eating ALL fast food, junk food and diet food. Without buying junk snacks, alcohol and cigarettes, you'd be surprised at what's left over for fresh food.

Can't afford organic? Buy local and buy food that is fresh. WALK to the store or in your neighborhood. WALK to the local farmers market. The produce there is often less money and always more nutritious than what you buy at the big grocery stores.

Life comes from life; packaged food has no life in it.

Exercise and movement are certainly important, but what goes in our "tanks" is critical for long term success. The human body is an incredible piece of machinery with amazing ability to bounce back. Cars won't run on junk fuel and neither will our bodies.

If you've been unhealthy for years, it's silly to think you can undo that abuse in 6 weeks! Start out with moderate walking for 5 to 10 minutes a couple times a week. Progress gradually until you can handle some interval hill training during a brisk 30 minute walk.

If you want to do strength training, hire a well qualified trainer who understands how to intelligently progress your training. Pain is your body's idiot light. How long will your car behave when you ignore the idiot lights it flashes at you?

Biggest Losers don't win; Smartest Losers do.