

Published based on [Is The Next Biggest Loser In Your Family](#)

Is The Next Biggest Loser In Your Family

Lots of us tune into the Biggest Loser and think about how our lives could be changed if it was us on the television. Many would love the opportunity to train with the best of the best trainers Jillian and Bob. They are able to accomplish miracles. The results of these trainers is truly amazing. The [biggest loser weight loss forum](#) is full of people who would do anything they could to get on the show and talk about it constantly. One thing that has been learned about the show is not to expect to be able to do as well as the participants do at the ranch. The contestants on the show workout six or more hours a day and their diet is heavily monitored. There are no temptations to drive through a McDonald or grab a pizza. They are not working an 8 to 5 job, and are relieved of any family obligations.

The truth is that the weight loss the contestants experience might not be able to be duplicated, but that does not mean a person can't lose weight. A realistic number to shoot for is one or two pounds lost every week. The key to losing weight is in basic math. Reduce the amount of fat that you take in while increasing your activity. Everything can be measured when losing weight. Whether they are big or small, the idea behind dieting is to make them smaller. There are a couple of key things for a person to do to achieve the results they want. Drink 8 cups of water a day. If you have upped your level of activity, up the amount of water that you need to drink. A good reference is half your weight in ounces.

Exercise a minimum of 60 minutes day. Many people suggest 20 minutes of activity but this is not enough. Take an aerobics class at the gym, which typically last 50-55 minutes, and add on a 30 minute or more workout on the treadmill. Open up even more time in your schedule when you can. Spending the majority of your day working out like they do on the Biggest Loser is not something that a ordinary person can do. It is possible to get more exercise if you try doing a little after every meal.

Exercise at the highest intensity your body can take and don't depend on the [six pack ab exercise program](#) that is in your VCR. People who can exercise and talk are not getting an intense enough work out to lose the most possible weight. Add some more intensity to what you are doing.

Watch those calories in very closely. If you need help find a weight loss program like the one at <http://www.fatlossfactor.com> to guide you on your weight loss journey. Control the portions that are on your plate instead of just estimating how much is enough. Find a substitute for the soft drinks and juice drinks such as water.

Reward yourself for reaching your goals. While the home viewer might not get a trophy and big check, that does not mean they don't deserve some type of prize. Someone can come up with several options to treat themselves for doing well. Take a trip once you hit your goal weight. get a day of beauty for reaching various milestones. A new body calls for a new wardrobe so go and hit the malls. Enjoy any success that you are able to. That is the true goal of being a Biggest Loser.

You can also find this article published on [Is The Next Biggest Loser In Your Family](#), and on the tag pages [biggest loser weight loss forum](#), <http://www.fatlossfactor.com>, [six pack ab exercise program](#).