

Q&A
THE BIGGEST
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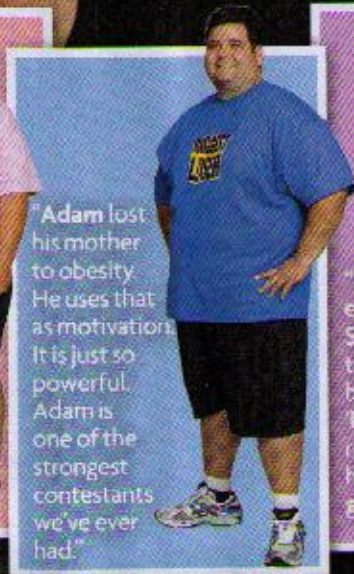
Bob Harper

The reality show trainer dishes to *Star* about what's happening on the most dramatic season of *The Biggest Loser* so far!

The Biggest Loser
Airs Tuesdays at 8PM on NBC



"When I saw Allie go home, it really pissed me off," says Bob of the contestant who was greeted by her mom — with a chocolate bar! "People need to wake up!"



"Adam lost his mother to obesity. He uses that as motivation. It is just so powerful. Adam is one of the strongest contestants we've ever had."



"Tina was exhausting. She wanted to go home, but I said, 'No!' You never know how hard it's going to be."

As a trainer on *The Biggest Loser* — along with Jillian Michaels — Bob Harper has seen his share of contestants struggle. But nothing prepared him for the level of competition that has defined the hit show's 10th season. "I think there's some crazy game play that you're going to see. There were times it was like *Big Brother!*" Bob tells *Star*. "These guys are going to be fighting their way to the finals." Along the way, naturally, they'll get tough love from the 45-year-old trainer — who was named PETA's Sexiest Vegetarian Celebrity of 2010!

Q: What are the contestants doing when they're not on camera?

They're working out a lot, they're planning their meals, they're getting as much rest as they can. It's rigorous.

Q: How important is it for them to have family support?

It's crucial. It's like AA — you've got to have a sponsor. You've got to have support from your family and friends. That's why Jillian and I are there.

Q: What are the biggest struggles you're helping people get through this season?

Working with people who have such doubt and low self-esteem, like Elizabeth. You have to believe in yourself.

It took awhile for Elizabeth to get there, but once she did it was a beautiful thing.

Q: What can we look forward to the rest of this season?

There's an alliance you are going to see that just takes hold of the whole house that basically says, if you're a strong competitor you better watch your back!

Q: If you could give our readers one weight-loss tip, what would it be?

The first thing I tell people all the time is to eat breakfast. Oatmeal is the way to go — it's rich in complex carbohydrates and fiber so they're going to be full for hours! ★

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