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## Looking back on 100 episodes of “The Biggest Loser”

“The Biggest Loser” aired its 100th episode last Tuesday. Since the first episode in October 2004, a total of 15,000 pounds has been lost on NBC’s popular reality TV series.

As each of “The Biggest Loser” contestants stepped foot on the ranch, they were determined to lose weight and keep it off. Helping and encouraging them on their journey were trainers Jillian Michaels and Bob Harper. Trainer Kim Lyons entered the gym during the third season, but she was only there to replace Jillian. After the third season, Jillian returned and Kim remained on the reality TV series for one more season.

In addition to the trainers, the host also encouraged contestants at challenges and weigh-ins. Caroline Rhea hosted three seasons of “The Biggest Loser,” and then “Days of our Lives” star Alison Sweeney took over during the fourth season and has been hosting the reality TV series since. Both Caroline and Alison struggled with their own weight in the past, so they were able to connect with the contestants and understood the struggles the contestants overcame.

### Memorable contestants from the past



There's no doubt that “The Biggest Loser” contestants have inspired thousands over the past four years. We met Ali Vincent from season five, who inspired many women when she competed alongside her mother, Bette Sue, and became the first female to claim the \$250,000 grand prize.

However, Ali almost lost the opportunity to make “Biggest Loser” history when she and Bette Sue were voted out in week four, but luck must have been on Ali's side when a new twist allowed her to return.

Another recent contestant who touched the hearts of fans and his competitors was Daniel Wright. Daniel weighed in on this season of “The Biggest Loser: Couples” at 454 pounds. Although Daniel was the heaviest contestant ever on “Biggest Loser,” his determination to lose the weight was much bigger.

Unfortunately, he was voted out during the fourth episode. The good news is during a telephone conference last month Dan said he's lost a total of 101 pounds thus far. In fact, Dan also said he plans to win the \$100,000 at-home prize on the finale of “The Biggest Loser: Couples.”

One more memorable contestant who competed and was sent home during this season of “The Biggest Loser” was Jerry Hayes, the oldest “Biggest Loser” contestant so far. During the first episode, Jerry fainted, and his wife, Estella, who competed with him, watched in horror as the medical team rushed to Jerry's aid.

Thankfully, Jerry returned from the hospital and was able to continue, but Jerry was voted out on the second episode. In the update that aired after Jerry and Estella were voted out, “The Biggest Loser” reported that Jerry had lost 84 pounds since leaving the ranch, and Estella weighed less than 200 pounds.

## Where are the winners now?

As each season of “Biggest Loser” ended, fans wondered if the winners would be able to keep the weight off. What do you think? Did the winners of seasons one through six keep the weight off?

After hours of research, I discovered that three of “The Biggest Loser” winners kept the weight off. Bill Germanakos from season four; Ali Vincent, the first female winner from season five; and Michelle Aguilar from season six have so far been able to maintain their healthy weights and lifestyles.

In an online report Matt Hoover admitted that [he gained some weight back](#), but he said he still works out regularly and eats healthy.

The two contestants to gain the most weight back so far were Ryan Benson from season one and Erik Chopin from season three. Ryan's final weight at the season one finale was 208 pounds, but five days later Ryan weighed 240 pounds. As for Erik, he confessed on the Oprah Winfrey show that he'd gained over half his weight back.

Over the past 100 episodes of “The Biggest Loser” I've learned that with exercise, proper nutrition, determination and support anyone can lose weight. Furthermore, I'm looking forward to many more episodes, and I can hardly wait to see who will break more “Biggest Loser” records and what new twists the producers will serve up next. Oh yes, I also look forward to more tips from Bob and Jillian.

What do you look forward to in upcoming seasons? Which contestants inspired you the most? Sound off in the comments section below.

(By Misti Sandefur for CalorieLab Calorie Counter News)

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### 3 Responses to “Looking back on 100 episodes of “The Biggest Loser””


1.  Sarah says:  
[February 18, 2009 at 7:57 am](#)

I look forward to the ever increasing product placement!

Seriously, I like the show but I wish they showed more of the reality of how hard the eating changes are instead of just the workouts. And I wish the temptations weren’t done. They just seem cruel.

2.  blah says:  
[February 18, 2009 at 12:33 pm](#)

How do you gain 32 pounds in 5 days? Was most of that water?

3.  Misti Sandefur says:  
[February 19, 2009 at 12:00 am](#)

Sarah, I have to agree with you on the eating changes. As for the temptation challenges, I too think it’s cruel, but I understand why they do them. Because once the contestants leave the ranch, they’ll be faced with these temptations at home. That said, I think the temptation challenges help prepare them for home.

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