THE BIGGEST LOSER

TRAINER TIPS THAT SPEED RESULTS

Weight Loss PLANNER

Prevention GUIDE

START LOSING TODAY!
Exclusive Biggest Loser Club Offer p.1

LOSE BIG In 4 Weeks!

- Shrink a Size This Month
- Drop 10 Pounds Fast

FOODS THAT FIGHT FAT

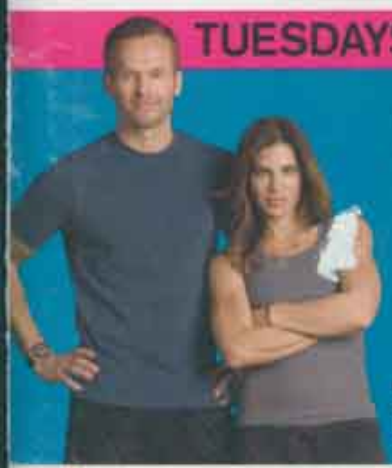
Plus... Walk Off More Weight

ISABEAU MILLER LOST 114 POUNDS

HOW SHE'S KEEPING IT OFF, P. 6

BEFORE

TUESDAYS 8/7c NBC



SNEAK PEEK!

MEET THE CAST OF SEASON 5

< WINNING SECRETS FROM BOB & JILLIAN

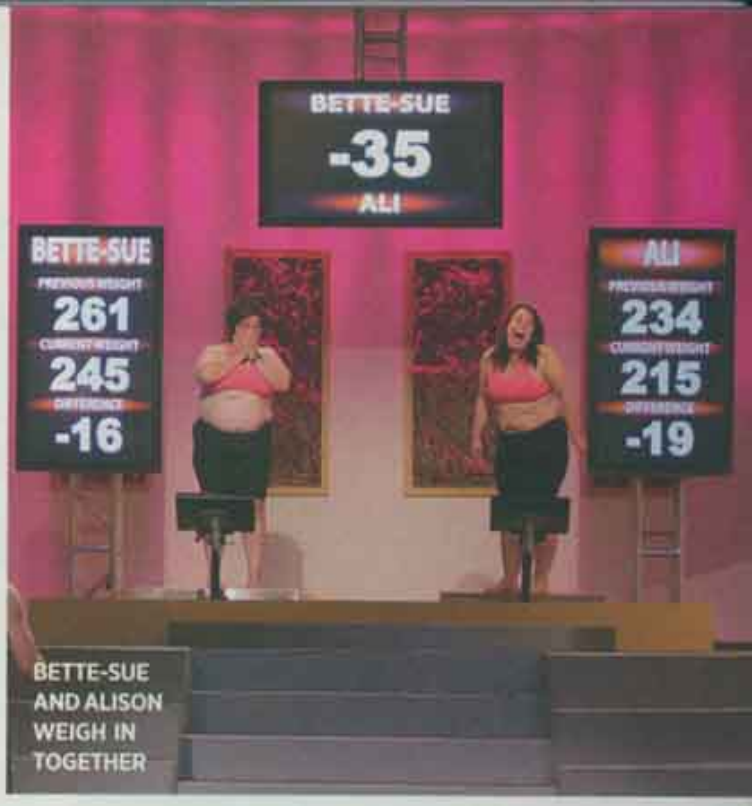
$3.99US $4.99CAN
18>
PREVENTION.COM
0 396978 6
DISPLAY UNTIL 2/19/08

EX-SPOUSES

■ PAUL: age 43, height 5'4", weight 303 lbs

■ KELLY: age 48, height 5'6", weight 271 lbs

You heard right. Exes. Kelly applied for the show; but when she was told she'd need a partner, her ex-husband, Paul, came to mind. "He was the fattest person I knew," she says. Kelly's a cardiac care nurse who wants to practice what she preaches to her patients. Paul has a family history of bad health.



BETTE-SUE AND ALISON WEIGH IN TOGETHER

SPOUSES

■ NEILL: age 28, height 5'10", weight 317 lbs

■ AMANDA: age 29, height 5'2", weight 204 lbs

These two have a toddler son, Aiden, who is staying with relatives for 4 months. It's hard for Amanda not to tear up when thinking about her son. But the way they figure it: Four months vs. 15 years? That's about how long they could extend their lives by reaching their ideal weight, according to their medical tests.

MOTHER AND DAUGHTER

■ BETTE-SUE: age 53, height 5'5", weight 261 lbs

■ ALISON: age 32, height 5'5", weight 234 lbs

What's more fraught than a mother-daughter relationship when it comes to weight? Bette-Sue wants to see her daughter lose weight and lead a happier life, yet also suffers some guilt about raising a heavy daughter. Alison is a hairdresser in a salon, and in the world of beauty, being overweight is a real handicap.

BEST FRIENDS

■ JENN: age 22, height 5'0", weight 254 lbs

■ MAGGIE: age 23, height 5'3", weight 239 lbs

These two became best friends at Camp Shane, a weight loss camp for kids. After years of battling the bulge, they're ready to take control of their lives. Jenn is assistant director of the camp and realizes she needs to lead by example. Maggie has never had a serious boyfriend. They're both ready to start living life fully.

MEET ALL THE CONTESTANTS AND WATCH VIDEO INTERVIEWS AT *BIGGESTLOSERCLUB.COM/SEASON5*

TRAE PATTON/NBC UNIVERSAL