

# Ali Vincent

## Biggest Loser Wins Big

By Martin Freetage



Hair styled by Tara Wermuth,  
and makeup by Ashlee Anderson  
of Avante Salon and Spa.

"I will be the Biggest Loser!" Those were the words spoken by Alison "Ali" Vincent as she and her mother were voted off of NBC's popular primetime reality show, *The Biggest Loser*.

More determined than ever, Ali would spend the next month continuing the transformation she began on the show as she took her new knowledge of training and nutrition back home to Arizona. Ali knew she would be rejoining the other contestants from the show a month later and become immersed in the competition again. On April 15, 2008, Ali stepped on the scale for the final time as a *Biggest Loser* contestant. The world was watching. Ali had lost a total of 112 pounds: 47.86% of her total body weight.

Ali walked away with the prize of \$250,000, and became the first female to win *The Biggest Loser*. Most importantly she left with a new life and her health.

"I had never watched the show until a short time before I was on it. My mother actually told me that I should audition for the show. I thought, 'I know I'm fat, but come on,'" Ali said. The show was auditioning couples at the time and Ali, a hairstylist from Mesa, and her mom, Bette Sue applied to be contestants.

"They had in us in groups of 10 and when the interviews were over, they actually told us to stay back so they could talk to us some more," Ali said. That was the beginning of the long adventure to Ali's new, healthy lifestyle. Within a month from the time Ali and her mom were chosen, they joined the other contestants and the show's personal trainers, Jillian Michaels and Bob Harper on *The Biggest Loser* ranch in California. Ali fondly remembers she and her mom being part of the pink team and to this day still raises the cheer, "GO Team Pink!"

I sat down to speak with Ali about her experience on the *The Biggest Loser*, her involvement with the Phoenix Mercury and Race for The Cure, and her amazing life since the show's finale which aired on April 15th.

**MF:** What has life been like for you since the show?  
**AV:** Since *The Biggest Loser*, my world has completely changed. I haven't really gone back to doing hair, although I imagine I will at some point. Lately, I have had the opportunity to do a lot of traveling, sharing my story and encouraging people to get active and get healthy. I feel that being a part of *The Biggest Loser* was a blessing. So now it's my turn to give back. I am a huge advocate of taking the first step, whatever that first step is for you.



**MF:** On the elimination show, I remember seeing in your eyes how determined you were to come back and win.

**AV:** My mom and I were eliminated during week four of season five of *The Biggest Loser*. As I stood in the elimination room, and the van was waiting to escort us off the ranch, I said I was going to be the "Biggest Loser." Everyone thought I was crazy. Although it didn't make much sense and I obviously was not going to have the title the "Biggest Loser," it was that week that I truly believed what I had been saying during my whole journey. I was going to be the first female to win *The Biggest Loser*. I wanted to prove that a woman could do it. I wanted to show that if you put your mind to it and action behind it you can be, do, and have anything you want. My mantra became, "Believe It, Be It." So although I did not know I would actually have the title, I wanted to come back to the finale with the highest percentage of weight loss. As we know, as a result of me not giving up on myself and continuing to believe that I deserve to have health and wellness and love in my life, I won the right to return to *The Biggest Loser* ranch. I became the first woman in five seasons to win *The Biggest Loser*.



**MF:** What advice do you have for people who find it hard to make that first step into a gym?

**AV:** I think those who are struggling to take the first step should join me in training for the Race for the Cure. You can sign up at a Phoenix Mercury training game or online at [www.phoenixmercury.com](http://www.phoenixmercury.com) and be a part of the Mercury team that I will be captain of. Whether you walk it or run it, let's get together and do it!

I believe you have to have a goal - whether it is a specific weight loss goal or an activity goal. You also need to have a team to support you. Pick a friend, a family member, or both and do more than you did yesterday. Let's be proactive about our health and do the Race for the Cure.

**MF:** Tell me more about your involvement with the Phoenix Mercury.

**AV:** As a result of encouraging others to take the first step toward health, the Phoenix Mercury invited me to be a part of their "Inspiring Woman" night and the "Rock the Pink" night, where they will honor survivors of breast cancer. "Rock the Pink" will take place during the Sept. 5th game. Together, with the Susan G. Komen Foundation, we will be encouraging fans of the Mercury to join together for the Race for the Cure. Fans will be able to sign onto [www.phoenixmercury.com](http://www.phoenixmercury.com) and get tips for weekly workouts as well as motivational tips from me to prepare them for the race. Whether you have ever been to a WMBA game or not, I encourage Perfectify readers to rally with friends and family to get active and join me at the game Sept. 5th. These women are a testament of superior health and truly embrace the thought process that you can do, be, and have anything you put your mind to.

**MF:** Sounds like a great start for people to become fit! You've lost 112 pounds during this experience with *The Biggest Loser*. Do you get tempted by anything out there?

**AV:** Yes, I lost 112 pounds and of course there are temptations out there. I try to just keep my choices within my daily calorie "budget." I also try to address cravings as they come. I found that if I don't, the craving gets a life of its own and that's never good. I also just keep choosing. I choose over and over again throughout the day. Every day I choose again. Every day I choose health and wellness and an active life. Every day I choose me.

**MF:** Do you still talk to any of your fellow the contestants from Season 5?

**AV:** I still talk to a few of the contestants and have occasional opportunities to see them. I'm really close with Mark and Brittany and still touch base with everyone else.

**MF:** Tell me what you like to do when you're not busy and just want to relax?

**AV:** I'm not really sure what I do when life's not so busy. I try to spend time with the people in my life that I love. I like going dancing and to the movies. I also find that swimming is a good outlet for me to feel grounded and be with my thoughts.

Ali also shared these insights with Perfectify readers:

**My top 3 secrets to success...** Believe in yourself. Have a dream, and have a plan.

**My biggest guilty pleasure...** I love frozen yogurt. Golden Spoon is my favorite local place.

**The book I'm currently reading is...** *The Last Lecture*, by Randy Pausch.

**I'm fabulous because...** I am strong and confident, and I am creating my destiny.

**What follows me for the decade...**

I hope to be able to continue to be a voice that people can go to, that encourages taking the steps towards being healthy. I want to be an advocate of beauty with the definition of beauty being strength and confidence. We all deserve to live the life we dream of when anything is possible, because it is.

**The beauty product I can't live without is...** Lip gloss by MAC. I love Oh Baby and Nymphette.

**One thing I want to do before I die is...** Learn how to sing! I love people that can sing.

**I'm inspired by...** Stories of people that accomplish great things against amazing odds.



Ali with the Phoenix Mercury's Championship Trophy.

For more information on Race for the Cure and Ali's involvement with the Phoenix Mercury, please visit [www.phoenixmercury.com](http://www.phoenixmercury.com).