



Double Duty Weight Loss!  
Tune in to *The Biggest Loser: Couples* on Tuesdays at 8/7c on NBC.

# Get Ready FOR CHANGE!

LOSING WEIGHT IS A BIG COMMITMENT—  
BUT YOU CAN DO IT WITH THESE 8 STEPS!

Everyone wants to lose weight for different reasons. For Kelly Fields from *The Biggest Loser: Couples*, it was about the limitations: “I couldn’t cross my legs. I’d have to assess a chair before I sat down. I couldn’t go through a turnstile—not even sideways. I had to use the handicapped stalls in bathrooms; normal stalls were too small for me,” she says. “Most people don’t realize how hard and inconvenient it is to be so heavy.”

Kae Whang from Season 4 says shame was her motivation: “I couldn’t do the littlest things, like tie my shoe. With every move I made, breathing was a struggle. I was too embarrassed to even think about going to my high school reunion. I was too ashamed of how I looked to visit my family in Korea. I asked myself if I was happy, and the answer was ‘no.’ The shame I felt was my wake-up call.”

Maybe you’ve already experienced your own “aha” moment, or perhaps one of these real-life stories resonated with you. Just knowing that you want to make a change is an important accomplishment. If you’re ready to commit to losing weight, here are a few guidelines from *The Biggest Loser*.